



# **RUMFORD GROUP HOMES, INC.**

## **OXFORD COUNTY COMMUNITY RESOURCE MANUAL**



Prepared by: **Ed Provencher, UMA Intern**  
Compliments of Rumford Group Homes, Inc.

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**Dear Neighbor,**

Strong. Resilient. Proud. These are all words we use to describe people from Maine or Mainers as we affectionately refer to ourselves. Fiercely proud of our independence and ability to be self-reliant, it is difficult for many of us Mainers to reach out for help when it is needed. With the effects of the economic recession in the last few years, there is no doubt that times are tough for many. For some of those hardest hit, Maine is no vacationland.

We have developed this **free** Community Resource Manual for people residing in Oxford County. While everyone is welcome to use it and share it with others, the primary audience is people who are experiencing financial challenges, in between homes, living in a shelter, campground, rooming house, winter rental or couch surfing. The purpose of this manual is to provide a comprehensive listing of resources that are available in the Oxford County region that can address the unmet needs of people in extreme poverty, economic hardship or are facing the threat of imminent homelessness. This manual is also useful to those who want to learn what resources exist within our community and also for service providers who are seeking out additional resources.

We apologize in advance to those agencies and resources that are not included in this manual. The process of developing this manual quickly became overwhelming and we knew that we could not possibly research every agency or resource that existed within the community. We chose to include agency descriptions primarily for agencies located in Oxford County and/or have a significant presence in this region or with an emphasis on assisting low-income people. For additional resources, please call 211 as they maintain the most comprehensive state-wide listing of resources available and update their listing regularly.

We know that no community and no poor family is immune to the threat of homelessness. Here in western Maine, we at Rumford Group Homes, Inc. are working hard to develop new resources to address homelessness and this manual is one of them. We hope you will find this manual helpful and that it will provide you with useful information.

Sincerely,

Ed Provencher  
University of Maine at Augusta (UMA) Intern  
Spring Semester 2011

Paula Paladino, M.A., L.S.W.  
Director of Homeless Services

# Table of Contents

## **A. Community Resources At a Glance**

1. Abuse and Assault Services
2. Animal Services
3. Child and Family Services
4. Clothing and Thrift Shops
5. Crisis and Emergency Services
6. Education sources
7. Elder Services
8. Employment Services
9. Financial Assistance
10. Health Care
11. Housing
12. Legal Services
13. Libraries
14. Medical Services (see #10 above)
15. Mental Health Services (TCMHS, OCMH, RGH)
16. National and State Hotlines and 800 Numbers
17. Peer Support Groups
18. Substance Abuse Services
19. Transportation
20. Veterans Services

## **B. Community Resource Descriptions (alphabetical order)**

1. 211 of Maine
2. Adult Education Programs
3. Alcoholics Anonymous (AA), Al-Anon and Alateen
4. Alpha and Omega Thrift Shop
5. American Red Cross
6. American Society for the Prevention of Cruelty to Animals Society (ASPCA)
7. Androscoggin Home Care & Hospice (AHCH)
8. Avesta Housing
9. Bureau of Motor Vehicles
10. Big Brothers/Big Sisters
11. Career Centers
12. Child Health Center
13. Citizen's Energy
14. Common Ground Counseling
15. Community Concepts
16. Community Dental Clinic
17. Consumer Council System of Maine (CCSM)

18. Cooperative Extension through the University of Maine
19. Crooked River Counseling
20. Department of Health and Human Services (DHHS)
21. Domestic Abuse Helpline for Men and Women
22. Emergency Medical Services
23. Faith Based Organizations
24. Fire Departments
25. Food Pantries and Community Meals
26. Fuel Assistance Programs
27. G.E.A.R. Parent Network
28. General Assistance
29. Greater Androscoggin Humane Society
30. Greater Rumford Community Center
31. Healthy Oxford Hills
32. Hillside Café
33. His Place Teen Center
21. Homeless Programs for Adults
22. Homeless Programs for Unaccompanied Youth
34. Hope Association
35. Hospitals and Health Clinics
36. Housing and Rental Assistance Programs
37. Kiwanis Club
38. Legal Services
39. MaineCare Insurance
40. Maine Equal Justice Project
41. Maine Housing (Maine State Housing Authority)
42. Maine Human Rights Commission
43. Maine Parent Federation (MPF)
44. Maine State Bar Association
45. Maine Veterans' Homes
46. NAMI-Maine Chapter (National Alliance on Mental Illness)
47. Narcotics Anonymous (NA)
48. National Runaway Switchboard
49. National Suicide Prevention Hotline
50. Oxford County Mental Health Services
51. Pine Tree Legal Assistance
52. Poison Control Center
53. Progress Center
54. R.E.A.C.H. (Rape Education and Crisis Hotline)
55. Responsible Pet Care
56. River Valley Healthy Communities Coalition
57. Rotary Club

58. Rumford Group Homes, Inc.
59. Safelink Wireless
60. Safe Voices (formerly AWAP or the Abused Women's Advocacy Project)
61. Seniors Plus
62. Shelters
63. Social Security Administration
64. THRIVE Initiative
65. Tri-County Mental Health Services
66. Unemployment Benefits (Unemployment Claims Center)
67. United Way of Oxford County
68. University College
69. Veterans Administration Medical Center (VAMC)
70. Volunteer Lawyer Project
71. Western Maine Community Action Program
72. Western Maine Transportation Services
73. Women, Work and Community

**C. Appendices**

1. Faith Based Organizations
2. Food Pantry Listing
3. General Assistance Locations/Towns
4. Healthy Oxford Hills Community Events Calendar
5. Healthy Oxford Hills "Ways to Community...Belonging in Oxford Hills"
6. Interpreter Service Information
7. Shelter Listing from MaineHousing (statewide listing)
8. Maine Domestic Violence Programs



# Community Resources at a Glance

## Abuse and Assault Services

	Resource	Telephone #	Website
1	Adult Protective Services for Elderly	1-800-624-8404	<a href="http://www.maine.gov/dhhs/oes/resource/aps.htm">http://www.maine.gov/dhhs/oes/resource/aps.htm</a>
2	Child Protective Services for Children	1-800-452-1999	<a href="http://www.maine.gov/dhhs/ocfs/cw/protection.shtml">http://www.maine.gov/dhhs/ocfs/cw/protection.shtml</a>
3	Adult Protective Services for Adults with Mental Retardation	287-2205	<a href="http://www.maine.gov/dhhs/oes/resource/aps.htm">http://www.maine.gov/dhhs/oes/resource/aps.htm</a>
4	Domestic Abuse Helpline for Men & Women	1-888-743-5754	<a href="http://dahmw.org/">http://dahmw.org/</a>
5	Franklin County Children's Task force	1-888-429-6960 1-207-778-6960	<a href="http://www.fcctf.org/">http://www.fcctf.org/</a>
6	National Domestic Violence Hotline	1-800-799-SAFE (7233)	<a href="http://www.thehotline.org/">http://www.thehotline.org/</a>
7	R.E.A.C.H, the Rape Education and Crisis Hotline serving Oxford County	1-800-871-7741 or 743-9777	<a href="http://www.reachmaine.org/">http://www.reachmaine.org/</a>
8	Safe Voices, formerly AWAP	Hotline Number: 1-800-559-2927 Norway: 743-5806 Rumford: 369-0750	<a href="http://www.safevoices.org/">http://www.safevoices.org/</a>
9	Statewide Domestic Violence Hotline	1-866-834-HELP or TTY: 1-800-437-1220	<a href="http://mcedv.org/services/maine-domestic-violence-programs">http://mcedv.org/services/maine-domestic-violence-programs</a>

## Animal Services

	Resource	Telephone #	Website
10	American Society for the Prevention of Cruelty to Animals (ASPCA)	1-888-426-4435	<a href="http://www.asPCA.org/pet-care/poison-control/">http://www.asPCA.org/pet-care/poison-control/</a>
11	Animal Emergency Clinic of Mid Maine in Lewiston	777-1110	<a href="http://www.aec-midmaine.com/">http://www.aec-midmaine.com/</a>
12	Greater Androscoggin Humane Society in Lewiston	783-2311	<a href="http://www.gahumane.org">http://www.gahumane.org</a>
13	McKenna's Animal Shelter in Rumford	364-7176	<a href="http://www.facebook.com/pages/mckennels-animal-adopt-board-groom/143040519045343">http://www.facebook.com/pages/mckennels-animal-adopt-board-groom/143040519045343</a>
14	Responsible Pet Care in Norway	743-8679	<a href="http://www.google.com/search?source=ig&amp;hl=en&amp;rlz=&amp;q=responsible+pet+care&amp;aq=f&amp;aqi=g1g-v6g-m1&amp;aql=&amp;oq=">http://www.google.com/search?source=ig&amp;hl=en&amp;rlz=&amp;q=responsible+pet+care&amp;aq=f&amp;aqi=g1g-v6g-m1&amp;aql=&amp;oq=</a>

### Child and Family Services

	Resource	Telephone #	Website
15	Big Brothers/Big Sisters	743-7035	<a href="http://childhealthcenter.org/?page_id=7">http://childhealthcenter.org/?page_id=7</a>
16	Child Health Center	743-7035	<a href="http://childhealthcenter.org/">http://childhealthcenter.org/</a>
17	Child Protective Services: DHHS	1-800-452-1999	<a href="http://www.maine.gov/dhhs/ocfs/cw/protecti ons.html">http://www.maine.gov/dhhs/ocfs/cw/protecti ons.html</a>
18	Community Concepts	1-800-866-5588 South Paris: 743-7716 Rumford: 364-3721	<a href="http://www.community-concepts.org/">http://www.community-concepts.org/</a>
19	Progress Center	743-8049	<a href="http://www.progresscentermaine.org/Home.a sp">http://www.progresscentermaine.org/Home.a sp</a>
20	Rumford Group Homes: Case Management	Rumford: 369-9429 Norway: 743-6363	<a href="http://www.rumfordgrouphomes.org/">http://www.rumfordgrouphomes.org/</a>
21	Rumford Group Homes: Turner Family Support Center	534-2580	<a href="http://www.rumfordgrouphomes.org/">http://www.rumfordgrouphomes.org/</a>
22	Tri-County Mental Health: Case Management	1-800-787-1155	<a href="http://tcmhs.org/">http://tcmhs.org/</a>
23	Western Maine Community Action	1-800-645-9636 645-3764	<a href="http://wmca.org/">http://wmca.org/</a>

### Clothing & Thrift Shops

	Resource	Telephone #	Website
24	Alpha and Omega Thrift Store in : Oxford	743-9503	<a href="http://www.hisplaceteencenter.com/about.ht ml">http://www.hisplaceteencenter.com/about.ht ml</a>
25	The Free Store: Rumford	369-3677	
26	The What-Not-Shop: Rumford	364-2139	
27	Western Maine Health Thrift Shop in Norway	Call the hospital switchboard at 743-5933	<a href="http://www.wmhcc.org/wmh_body.cfm?id=4144">http://www.wmhcc.org/wmh_body.cfm?id=4144</a>

### Crisis and Emergency Services

	Resource	Telephone #	Website
28	Ambulance	911	<a href="http://www.maine911.com/index.shtml">http://www.maine911.com/index.shtml</a>
29	Crisis Number -Statewide	1-888-568-1112	<a href="http://www.maine.gov/portal/family/health_saf ety/mental_wellness.html">http://www.maine.gov/portal/family/health_saf ety/mental_wellness.html</a>
30	Domestic Abuse Helpline for Men & Women	1-888-743-5754	<a href="http://dahmw.org/">http://dahmw.org/</a>
31	Fire	911	<a href="http://www.maine911.com/index.shtml">http://www.maine911.com/index.shtml</a>



32	Maine Youth Suicide Prevention Program	1-888-568-1112	<a href="http://www.maine.gov/suicide/">http://www.maine.gov/suicide/</a>
33	Med-Care Ambulance	1-888-549-9798	<a href="http://www.med-careambulance.com">http://www.med-careambulance.com</a>
34	National Domestic Violence Hotline	1-800-799-SAFE (7233)	<a href="http://www.thehotline.org/">http://www.thehotline.org/</a>
35	Oxford County Mental Health	364-3030	<a href="http://www.ocmhs.org/">http://www.ocmhs.org/</a>
36	Northern New England Poison Center	1-800-222-1222	<a href="http://www.mmc.org/mmc_body.cfm?id=2046">http://www.mmc.org/mmc_body.cfm?id=2046</a>
37	PACE Ambulance	743-5922	<a href="http://www.wmhcc.org">http://www.wmhcc.org</a>
38	Police	911	<a href="http://www.maine911.com/index.shtml">http://www.maine911.com/index.shtml</a>
39	R.E.A.C.H. (Rape Education and Crisis Hotline)	1-800-871-7741	<a href="http://www.reachmaine.org/">http://www.reachmaine.org/</a>
40	Rumford Group Homes, Inc.	Rumford: 369-9439 Norway: 743-6363	<a href="http://rumfordgrouphomes.org">http://rumfordgrouphomes.org</a>
41	Safe Voices, formerly AWAP: Hotline	1-800-559-2927	<a href="http://www.safevoices.org/">http://www.safevoices.org/</a>
42	S.A.V.E.S (Sexual Assault Victims Emergency Services) 24 Hour Statewide Helpline	1-800-871-7741	<a href="http://savesrapecrisis.org/">http://savesrapecrisis.org/</a>
43	Tri-County Mental Health: Mobile Crisis Outreach	783-4680	<a href="http://www.tcmhs.org/">http://www.tcmhs.org/</a>
44	Turner Family Support Center	524-2580	<a href="http://rumfordgrouphomes.org">http://rumfordgrouphomes.org</a>

### Education Services

	Resource	Telephone #	Website
45	Meroby Elementary School in Mexico	364-3714	<a href="http://rsu10schools.com/education/school/school.php?sectiondetailid=11596&amp;">http://rsu10schools.com/education/school/school.php?sectiondetailid=11596&amp;</a>
46	Mountain Valley High School in Rumford	364-4547	<a href="http://rsu10schools.com/education/school/school.php?sectionid=1374&amp;">http://rsu10schools.com/education/school/school.php?sectionid=1374&amp;</a>
47	Mountain Valley Middle School: Mexico	364-7926	<a href="http://rsu10schools.com/education/school/school.php?sectionid=1375&amp;">http://rsu10schools.com/education/school/school.php?sectionid=1375&amp;</a>
48	Oxford Hills/Buckfield Adult Education: South Paris	743-8842	<a href="http://sad17.maineadulted.org/">http://sad17.maineadulted.org/</a>
49	Oxford Hills Comprehensive High School in South Paris	743-8914	<a href="http://www.sad17.k12.me.us/schools/ohchs/">http://www.sad17.k12.me.us/schools/ohchs/</a>
50	Oxford Hills Middle School in South Paris	743-5946	<a href="http://www.sad17.k12.me.us/schools/ohms/">http://www.sad17.k12.me.us/schools/ohms/</a>

51	Paris Elementary School in South Paris	744-0318 743-7802	<a href="http://www.sad17.k12.me.us/schools/paris/welcome">http://www.sad17.k12.me.us/schools/paris/welcome</a>
52	Penacook Learning Center in Rumford	364-2112	<a href="http://rsu10schools.com/education/school/school.php?sectionid=1376&amp;">http://rsu10schools.com/education/school/school.php?sectionid=1376&amp;</a>
53	Region 9 Adult Education Learning Center in Mexico	364-2012	<a href="http://region9.maineadulted.org/">http://region9.maineadulted.org/</a>
54	Region 9 School of Applied Technology in Mexico	364-3764	<a href="http://region9.maineacte.org/">http://region9.maineacte.org/</a>
55	Rowe Elementary School in Norway	743-5183	<a href="http://www.sad17.k12.me.us/schools/rowe/welcome">http://www.sad17.k12.me.us/schools/rowe/welcome</a>
56	Rumford Elementary School	364-8155	<a href="http://rsu.me.schoolwebpages.com/education/school/school.php?sectionid=1378&amp;">http://rsu.me.schoolwebpages.com/education/school/school.php?sectionid=1378&amp;</a>
57	University College in Rumford/Mexico	696-1103 364-7882	<a href="http://learn.maine.edu/rumford-mexico/">http://learn.maine.edu/rumford-mexico/</a>
58	University College in Norway/South Paris	1-888-677-3377 743-9322	<a href="http://learn.maine.edu/southparis/">http://learn.maine.edu/southparis/</a>

### Elder Services

	Resource	Telephone #	Website
59	Alzheimer's Association	800-272-3900	<a href="http://alz.org">http://alz.org</a>
60	Androscoggin Home Care & Hospice (ACHC)	800-482-7412	<a href="http://www.ahch.org/">http://www.ahch.org/</a>
61	Seniors Plus	1-800-427-1241 1-207-795-4010	<a href="http://www.seniorsplus.org/">http://www.seniorsplus.org/</a>

### Employment Services

	Resource	Telephone #	Website
62	Unemployment Benefits	1-888-593-7660	<a href="http://www.maine.gov/labor/unemployment/benefits.html">http://www.maine.gov/labor/unemployment/benefits.html</a>
63	Western Maine Community Action (WMCA) Career Center: Rumford	1-877-421-7915 364-3738	<a href="http://www.mainecareercenter.com/locations/region3/index.shtml#Rumford">http://www.mainecareercenter.com/locations/region3/index.shtml#Rumford</a>
64	Western Maine Community Action (WMCA) Career Center: South Paris	1-877-237-6171 743-7763	<a href="http://www.mainecareercenter.com/locations/region3/index.shtml#Rumford">http://www.mainecareercenter.com/locations/region3/index.shtml#Rumford</a>
65	Western Maine Community Action (WMCA) Career Center: Wilton	1-800-982-4311 645-5800	<a href="http://www.mainecareercenter.com/locations/region3/wilton/index.shtml">http://www.mainecareercenter.com/locations/region3/wilton/index.shtml</a>
66	Women, Work and Community	1-800-442-2092	<a href="http://www.womenworkandcommunity.org/">http://www.womenworkandcommunity.org/</a>

## Financial Assistance

	Resource	Telephone #	Website
67	Citizens Energy Oil ("Joe for Oil")	1-877-JOE-4-OIL	<a href="http://www.citizensenergy.com/main/Home.html">http://www.citizensenergy.com/main/Home.html</a>
68	Community Concepts: Lewiston	South Paris: 743-7716 Rumford: 364-3721	<a href="http://www.community-concepts.org/">http://www.community-concepts.org/</a>
69	Department of Veterans' Affairs	1-800-827-1000	<a href="http://www.benefits.va.gov/togus/index.asp">http://www.benefits.va.gov/togus/index.asp</a>
70	DHHS – Farmington Food Supplement Program/TANF/Benefits	1-800-442-6382 778-8400	<a href="http://www.maine.gov/dhhs/">http://www.maine.gov/dhhs/</a>
71	DHHS –South Paris Food Supplement Program/TANF/Benefits	1-888-593-9775 744-1250	<a href="http://www.maine.gov/dhhs/">http://www.maine.gov/dhhs/</a>
72	Social Security Administration	1-800-772-1213	<a href="http://www.socialsecurity.gov/">http://www.socialsecurity.gov/</a>
73	Western Maine Community Action	1-800-645-9636 645-3764	<a href="http://wmca.org/">http://wmca.org/</a>
74	WIC (Women, Infants and Children): Franklin and Northern Oxford County	1-800-645-9636 645-3764	<a href="http://wmca.org/nutrition-services/wic/">http://wmca.org/nutrition-services/wic/</a>
75	WIC (Women, Infants and Children): Androscoggin and Southern Oxford County	1-877-512-8856 795-4016	<a href="http://wmca.org/nutrition-services/wic/">http://wmca.org/nutrition-services/wic/</a>

## Health Care

	Resource	Telephone #	Website
76	Ambulance-Emergency	911	<a href="http://www.maine911.com/index.shtml">http://www.maine911.com/index.shtml</a>
77	Community Dental Clinic	Farmington: 779-2659 Lewiston: 777-7442 Rumford: 369-3600	<a href="http://www.communitydentalme.org/">http://www.communitydentalme.org/</a>
78	Donated Dental Services Program	620-8276	<a href="http://www.maine.gov/dhhs/oes/resource/health.htm">http://www.maine.gov/dhhs/oes/resource/health.htm</a>
79	Franklin Memorial Hospital in Farmington	1-800-398-6031 778-6031	<a href="http://www.fchn.org/fmh">http://www.fchn.org/fmh</a>
80	Maine Care	1-800-606-0215 287-9202	<a href="http://www.maine.gov/dhhs/oms/">http://www.maine.gov/dhhs/oms/</a>
81	Maine Care: Member Services	1-800-977-6740	<a href="http://www.maine.gov/dhhs/oms/">http://www.maine.gov/dhhs/oms/</a>
82	Maine Care: Pharmacy Help Desk	1-866-796-2463 624-6902	<a href="http://www.maine.gov/dhhs/oms/">http://www.maine.gov/dhhs/oms/</a>
83	Rumford Community Home	364-7863	<a href="http://www.rumfordcommunityhome.org/">http://www.rumfordcommunityhome.org/</a>
84	Rumford Community Hospital	369-1000	<a href="http://www.rumfordhospital.org/">http://www.rumfordhospital.org/</a>

85	Stephens Memorial Hospital: Norway	743-5933	<a href="http://www.wmhcc.org/wmh_homepage.cfm?id=2793&amp;SubDomain=true">http://www.wmhcc.org/wmh_homepage.cfm?id=2793&amp;SubDomain=true</a>
86	Swift River Family Medicine	369-0146	<a href="http://www.cmmgcare.org/practice.php?practice_id=43">http://www.cmmgcare.org/practice.php?practice_id=43</a>
87	Veteran's Hospital (Togus)	1-877-421-8263	<a href="http://www.togus.va.gov/">http://www.togus.va.gov/</a>
88	Western Maine Community Action (WMCA) Health Services	1-800-346-9461 Farmington: 778-4553 Norway: 743-2066 Rumford: 364-3960	<a href="http://wmca.org/">http://wmca.org/</a>

## Housing

	Resource	Telephone #	Website
89	Avesta Housing HUD Section 8 Voucher Program	1-800-521-6003 744-4046	<a href="http://www.avestahousing.org/rental-assistance/rental-assistance-section-8">http://www.avestahousing.org/rental-assistance/rental-assistance-section-8</a>
90	Community Concepts: Home Inspections including Radon, Lead and Asbestos	739-2796	<a href="http://www.community-concepts.org/index.php?option=com_content&amp;view=category&amp;layout=blog&amp;id=42&amp;Itemid=60">http://www.community-concepts.org/index.php?option=com_content&amp;view=category&amp;layout=blog&amp;id=42&amp;Itemid=60</a>
91	Community Concepts: Home Rehabilitation & Home Replacement Program	1-800-866-5588	<a href="http://www.community-concepts.org/index.php?option=com_content&amp;view=category&amp;layout=blog&amp;id=42&amp;Itemid=60">http://www.community-concepts.org/index.php?option=com_content&amp;view=category&amp;layout=blog&amp;id=42&amp;Itemid=60</a>
92	Maine Housing	1-800-452-4668 626-4600	<a href="http://www.mainehousing.org/">http://www.mainehousing.org/</a>
93	Western Maine Community Action (WMCA) Homeless Prevention	1-800-645-9636 645-3764	<a href="http://wmca.org/house-home/homeless-prevention-and-rapid-re-housing-program-hrrp/">http://wmca.org/house-home/homeless-prevention-and-rapid-re-housing-program-hrrp/</a>

## Legal Services

	Resource	Telephone #	Website
94	Child Support Enforcement (DHHS)	624-4100	<a href="http://www.maine.gov/dhhs/OIAS/dser/index.html">http://www.maine.gov/dhhs/OIAS/dser/index.html</a>
95	Pine Tree Legal Assistance: Lewiston	784-1558	<a href="http://www.ptla.org/">http://www.ptla.org/</a>
96	Maine Attorney General's Office	626-8800	<a href="http://www.maine.gov/ag/">http://www.maine.gov/ag/</a>
97	Maine Civil Liberties Union	774-5444	<a href="http://www.mclu.org/">http://www.mclu.org/</a>
98	Maine Equal Justice Project	1-866-626-7059 626-7058	<a href="http://www.mejp.org/">http://www.mejp.org/</a>

99	Maine Human Rights Commission	624-6290	<a href="http://www.maine.gov/mhrc/">http://www.maine.gov/mhrc/</a>
100	Maine State Bar Association	1-800-860-1460	<a href="http://www.mainebar.org/">http://www.mainebar.org/</a>
101	Volunteer Lawyer Project	1-800-442-4293 774-4348	<a href="http://www.vlp.org/">http://www.vlp.org/</a>

### Libraries

	Resource	Telephone #	Website
102	Bethel Library	824-2520	<a href="http://www.bethellibrary.org">http://www.bethellibrary.org</a>
103	Dixfield Ludden Memorial Library	562-8838	<a href="http://www.dixfield.org/library.html">http://www.dixfield.org/library.html</a>
104	Lovell Charlotte Hobbs Memorial Library	925-3177	<a href="http://www.hobbslibrary.org/">http://www.hobbslibrary.org/</a>
105	Mexico Public Library	364-3281	<a href="http://www.mexico.lib.me.us/">http://www.mexico.lib.me.us/</a>
106	Norway Memorial Library	743-5309	<a href="http://www.norway.lib.me.us/">http://www.norway.lib.me.us/</a>
107	Paris Public Library	743-6994	<a href="http://www.paris.lib.me.us/">http://www.paris.lib.me.us/</a>
108	Rumford Public Library	364-3661	<a href="http://www.rumford.lib.me.us/">http://www.rumford.lib.me.us/</a>
109	Waterford Library	583-2050	<a href="http://www.waterford.lib.me.us/">http://www.waterford.lib.me.us/</a>
110	West Paris Library	674-2004	<a href="http://www.westparislibrary.org">http://www.westparislibrary.org</a>

### Mental Health Services

	Resource	Telephone #	Website
111	Oxford County Mental Health	Rumford: 364-3549 Norway: 743-2999	<a href="http://www.ocmhs.org/">http://www.ocmhs.org/</a>
112	Rumford Group Homes Case Management Services	Rumford: 369-9439 Norway: 743-6363	<a href="http://www.rumfordgrouphomes.org/index.html">http://www.rumfordgrouphomes.org/index.html</a>
113	Rumford Group Homes: Turner Family Support Center	524-2580	<a href="http://www.rumfordgrouphomes.org/index.html">http://www.rumfordgrouphomes.org/index.html</a>
114	Statewide Crisis Hotline	1-888-568-1112	<a href="http://www.maine.gov/dhhs/hotlines.html">http://www.maine.gov/dhhs/hotlines.html</a>
115	Tri-County Mental Health	1-800-371-7981 Rumford: 364-7981 Norway: 743-7911	<a href="http://www.tcmhs.org/">http://www.tcmhs.org/</a>

## National and State Hotlines and 800 Numbers

	Resource	Telephone #	Information
116	211 of Maine	211	Hours: 24 hours a day, 7 days a week or go to <a href="http://www.211maine.org/">http://www.211maine.org/</a> for more information.
117	AIDS in Prison Project's Hotline	1-718-378-7022 (English and Spanish)	Hours: Tuesday, Wednesday, Thursday 3:00 pm to 8:00 pm (Eastern Time) HIV/AIDS hotline for prisoners. All collect calls accepted.
118	Alcoholics Anonymous	1-800-737-6237	
119	Al Anon (and Alateen for younger members)	National: 1-800-4AL-ANON (1-888-425-2666), in Canada and the USA Statewide: 1-800-498-1844	Hours: Monday through Friday 8:00 am to 6:00 pm (Eastern Time) A worldwide organization offering a self-help recovery program for families and friends of alcoholics whether or not the alcoholic seeks help or even recognizes the existence of a drinking problem.
120	American Social Health Association's Sexually Transmitted Diseases (STD) Hotline	English: 1-919-361-8488	Hours: Monday through Friday, 9:00 am to 8:00 pm (Eastern time). Provides anonymous, confidential information on sexually transmitted diseases (STDs) and how to prevent them. Also, provides referrals to clinical and other services.
121	The Americans With Disabilities Act Information and Assistance Hotline	1-800-514-0301 TTY: 1-800-514-0383 International: 1-202-541-0301	Hours: Monday through Thursday 12:30 pm to 5:30 pm (Eastern Time).
123	Childhelp USA National Child Abuse Hotline:	1-800-4-A-CHILD® (1-800-422-4453)	Hours: 24 hours a day, 7 days a week Serving the United States, Canada, U.S. Virgin Islands, Puerto Rico, and Guam. Offers three-way calling and communication in 140 languages.
124	Cocaine Anonymous	National referral line 1-800-347-8998	A referral service for updated information only.
125	Disability Rights Center	1-800-452-1948	FMI go to <a href="http://www.drcme.org/">http://www.drcme.org/</a> . They accept collect calls from correctional facilities at 1-207-626-2774.
126	Elder Independence of Maine	1-888-609-7893	Business Hours M-F except for holidays and storms.
127	The Gay and Lesbian National Hotline	1-888-THE-GLNH (1-888-843-4564)	Hours: Monday through Friday 4:00 pm to 12:00 am; Saturday 12:00 noon to 5:00 pm (Eastern Time) A non-profit organization which provides nationwide toll-free peer-counseling, information, and referrals.
128	Hemophilia AIDS Network/National Hemophilia Foundation	1-800-424-2634 International: 1-212-328-3700	Hours: Monday through Friday 9:00 am to 5:00 pm (Eastern Time).
129	HIV Health InfoLine (From Project Inform)	1-888-HIV-INFO (1-888-448-4636)	Hours: Monday through Friday 10:00 am to 4:00 pm (Pacific Time).

			Non-judgmental volunteer operators listen to callers, share their own stories and provide calm, clear and encouraging information about HIV disease and its care. They draw on a wealth of real-life experience in helping people navigate health care obstacles and talk to doctors about their concerns. English and Spanish speakers available.
130	Long-Term Care Ombudsman	1-800-499-0229	Services are free and confidential.
131	Maine Statewide Domestic Violence Hotline	1-866-834-HELP or TTY: 1-800-437-1220	<a href="http://mcedv.org/services/maine-domestic-violence-programs">http://mcedv.org/services/maine-domestic-violence-programs</a>
132	National AIDS Hotline	1-800-CDC-INFO (1-800-232-4636)	Hours: 24 hours a day, 7 days a week .
133	National Suicide Prevention Hotline	1-800-273-TALK or 1-800-273-8255	Hours: 24 hours a day, 7 days a week or for more information, go to <a href="http://www.suicidepreventionlifeline.org/">http://www.suicidepreventionlifeline.org/</a> .
134	National Domestic Violence Hotline	1-800-799-7233 TTY: 1-800-787-3224	Hours: 24 hours a day, 7 days a week.
135	National Patient Travel Center	1-800-296-1217	Free information and referral for those who must move themselves or loved ones to distant locations for specialized treatment or recovery, and for health care professionals who must find the most cost-effective way to move patients long distances.
136	National Runaway Switchboard	1-800-621-4000 or 1-800-RUNAWAY (1-800-786-2929)	Hours: 24 hours a day, 7 days a week. Crisis line for teenagers.
137	Narcotics Anonymous:	National: 1-818-773-9999 Statewide: 1-800-974-0062	Hours: Monday through Friday 8:00 am to 5:00 pm (Pacific Time) .
138	National Child Abuse Hotline	1-800-4-A-CHILD	Hours: 24 hours a day, 7 days a week, all calls are anonymous and confidential. <a href="http://www.childhelp.org/pages/hotline">http://www.childhelp.org/pages/hotline</a>
139	Office of Elder Services	1-800-262-2232	
140	Poison Control Center	1-800-222-1222	Hours: 24 hours a day, 7 days a week and their website is <a href="http://www.aapcc.org/dnn/default.aspx">http://www.aapcc.org/dnn/default.aspx</a> .
141	Pride Institute	1-800-547-7433	Hours: 24 hours a day, 7 days a week Chemical dependency/mental health referral and information hotline geared for the gay, lesbian, bisexual and transgender communities.
142	Rape Abuse and Incest National Network	1-800-656-Hope	Hours: 24 hours a day, 7 days a week .
143	R.E.A.C.H. Rape Education and Crisis Hotline	1-800-871-7741	Hours: 24 hours a day, 7 days a week .
144	Safe Voices (formerly	1-800-559-2927	Hours: 24 hours a day, 7 days a week .

	AWAP)		
145	Sex Addicts Anonymous	1-800-477-8191	Hours: Monday through Friday 11:00 am to 7:00 pm (Eastern Time)
146	Suicide Hotline:	1-800-SUICIDE (1-800-784-2433)	Hours: 24 hours a day, 7 days a week

### Peer Support Groups

	Resource	Telephone #	Website
146			
147	Adoptive and Foster Families of Maine	1-800-833-9786	<a href="http://www.affm.net/">http://www.affm.net/</a>
148	Autism Society of Maine	1-800-273-5200	<a href="http://www.asmonline.org/">http://www.asmonline.org/</a>
149	Consumer Council System of Maine (CCSM)	1-877-207-5073	<a href="http://www.maineccsm.org/">http://www.maineccsm.org/</a>
150	G.E.A.R. Parent Network	1-800-264-9224	<a href="http://www.gearparentnetwork.org/">http://www.gearparentnetwork.org/</a>
151	Learning Disability Association of Maine	1-877-208-4029	<a href="http://www.ldame.org/contact.html">http://www.ldame.org/contact.html</a>
152	Maine Parent Federation	1-800-870-7746	<a href="http://www.mpf.org/">http://www.mpf.org/</a>
153	NAMI-Maine	1-800-464-5767	<a href="http://www.namimaine.org/">http://www.namimaine.org/</a>
154	THRIVE Initiative	1-877-782-4705	<a href="http://thriveinitiative.org/">http://thriveinitiative.org/</a>
155	Warm Line	1-866-771-WARM (9276).	

### Substance Abuse Services

	Resource	Telephone #	Website
156	Alanon - Statewide	1-800-498-1844 284-1844	<a href="https://sites.google.com/a/mainefg.org/ais/Home">https://sites.google.com/a/mainefg.org/ais/Home</a>
157	Alcoholics Anonymous - Statewide	1-800-737-6237	<a href="http://www.csoaamaine.org/">http://www.csoaamaine.org/</a>
158	Common Ground Counseling	Mexico: 562-7733 Norway: 739-2644	
159	Crooked River Counseling: Norway	743-1677	
160	Crossroads for Women	1-207-773-9931	<a href="http://www.crossroadsforwomen.org/index.php">http://www.crossroadsforwomen.org/index.php</a>
161	Maine Office of Substance Abuse: Information and Resource Center	1-800-499-0027 (In State Only) 287-8900	<a href="http://www.maine.gov/dhhs/osa/">http://www.maine.gov/dhhs/osa/</a>
162	Maine Tobacco Helpline	1-800-207-1230	<a href="http://www.tobaccofreemaine.org/">http://www.tobaccofreemaine.org/</a>



163	Phoenix House	1-800-378-4435	<a href="http://www.phoenixhouse.org/locations/maine/phoenix-house-academy-of-maine/">http://www.phoenixhouse.org/locations/maine/phoenix-house-academy-of-maine/</a>
164	Tri-County Mental Health Services	1-800-371-7981 Rumford: 364-7981 Norway: 743-7911	<a href="http://www.tcmhs.org/">http://www.tcmhs.org/</a>

### Transportation

	Resource	Telephone #	Website
165	Bureau of Motor Vehicles: Mexico	1-207-369-9921	<a href="http://www.maine.gov/sos/bmv/">http://www.maine.gov/sos/bmv/</a>
166	Community Concepts: Rumford	Rumford 364-3685 South Paris: 743-6905	<a href="http://www.community-concepts.org/index.php?option=com_content&amp;view=category&amp;layout=blog&amp;id=46&amp;Itemid=64">http://www.community-concepts.org/index.php?option=com_content&amp;view=category&amp;layout=blog&amp;id=46&amp;Itemid=64</a>
167	Western Maine Transportation Services	1-800-393-9335	<a href="http://www.wmtsbus.org/">http://www.wmtsbus.org/</a>

### Veterans Services

	Resource	Telephone #	Website
168	Maine Veterans' Home	743-6300	<a href="http://www.maineveteranshomes.org/Our-Homes/south-paris.html">http://www.maineveteranshomes.org/Our-Homes/south-paris.html</a>
169	Veterans' Administration Medical Center	1-877-421-8263	<a href="http://www.togus.va.gov/">http://www.togus.va.gov/</a>



# Community Resource Descriptions

## (alphabetical order)

### 211 of Maine

By calling 211, you can receive free referrals to various health and human service providers locally or throughout the state of Maine. 211 is supported by the United Way and is the most comprehensive data base of local resources.



### Adult Education Programs

Adult education programs offer educational instruction and resources including GED preparation and testing, literacy classes and tutoring. Some also offer vocational training and certificate programs such as CNA, computer skills, customer service and trucking as well as job skills and assistance with transition to college. Locally, there are two agencies that offer adult education programs. The Region 9 Adult Learning Center is located in Mexico and the number is 364-2012. Oxford Hills Adult Education is located in South Paris and the number is 732-8842.

### Alcoholics Anonymous, Al-Anon and Alateen

Alcoholics Anonymous (AA) provides confidential, free support services to individuals with alcoholism who want to become or remain sober. Services include regular support group meetings and 24 hour information and support hotline. For a schedule of meeting times and locations in your area, call the hotline number at 1-800-737-6237.

Al-Anon is a fellowship of those who are affected by another's drinking who come together to share their experience, strength and hope in order to solve their common problems. Their purpose is to help families and friends of alcoholics. If you feel you have been affected by someone's drinking, you are welcome at Al-Anon meetings. If you are a teenager affected by someone's drinking, you are welcome at Alateen meetings as well as Al-Anon meetings. Call 1-800-498-1844 or 284-1844 for a listing of local meetings.

### Alpha and Omega Thrift Shop

Operated by His Place Teen Center, the Alpha & Omega Thrift Shop offers a variety of low-cost items to the community such as clothing, furniture, household/kitchen supplies, books, toys, and other items. They are located on the lower level of the Norway/Paris Solid Waste facility at 39 Brown Street in Norway, Maine, (across from Amato's and on the corner of the Oxford Networks Office and the Cafe Corner) and their hours are Tuesday, Wednesday, Friday and Saturday 10:00 am-4:00 pm.

## America Red Cross

The American Red Cross in Maine, a humanitarian organization, led by volunteers and guided by its congressional charter and the fundamental principles of the International Red Cross Movement, will provide relief to victims of disaster and help people prevent, prepare for and respond to emergencies. The United Valley Chapter is located in Lewiston and serves Oxford County. It is located at 1180 Lisbon Street Ste. #2 in Lewiston. Their 24 hour per day toll free number is 877-372-7363 or local number is 795-4004. They offer services in four different areas as follows:

**Disaster Services:** The United Valley Chapter provides assistance for immediate disaster caused needs. This includes food, clothing, shelter, mental health/health support, and referrals for assistance. **All disaster assistance is free.** What do you do when it's 3 in the morning and you are awakened to a fire blazing through your home? First, you rescue your family and pets, then you melt into a flood of emotions as you watch everything you own go up in flames. Where can you go and what will you do for clothing and food in the next few days and hours? But fires are only one of the many disasters and emergencies they respond to. Whether a natural disaster (like the Maine Ice Storm of 1998), or an unfortunate manmade one, they are there by helping with a place to stay, food to eat, clothes to wear and even with counseling when a shoulder is needed to lean on.

**Armed Forces: Serving the US Armed Forces, their Families and our nation's veterans**  
At one time or another, all military personnel and their family members will probably benefit from knowing about and using Red Cross services. American Red Cross Service to the Armed Forces (SAF) can help military members and their families cope with separation and other special needs related to service in the armed forces. As a member of the military, you and your family are entitled to valuable Red Cross emergency services. They can help you:

- **Stay in touch with loved ones.** Their Red Cross worldwide emergency communications network operates 24 hours a day, 7 days a week, 365 days a year. They can assist you or your family in sending emergency messages regarding the birth of a service member's child, the death or serious illness of a family member or other family emergencies.
- **Get verification of emergency leave information.** The Red Cross can provide you and your commander with fast, reliable information to help make decisions regarding emergency leave.

**Blood Services:** The Red Cross conducts regularly scheduled blood drives throughout the region. Donors are always needed to help replenish the blood supply and prevent a further drop in available inventory. Blood donors must be at least 17 years of age, or 16 with parental consent in Maine and New Hampshire, weigh 110 pounds and be in good health on the day of donation. Donors can safely give blood every eight weeks and most medications and medical conditions do not prevent someone from being a blood donor. To find a Red Cross blood drive, or to make an appointment, call 1-800 RED CROSS or visit online at <http://www.redcrossblood.org>.

**Health and Safety:** The American Red Cross offers a wide variety of training courses in first aid, CPR, AED, lifeguarding, swimming, babysitting, care giving, and other areas for both individuals and organizations. They are the most trusted training provider of health and safety training that meets OSHA guidelines and many other professional and regulatory standards. Many self-study classes are available online and you can also register for classroom courses. You can browse for courses, find and register for classroom training or take a course online and download free digital course materials. For more information visit their website at <http://www.maineredcross.org/take-a-class>.

### **American Society for the Prevention of Cruelty to Animals (ASPCA)**

The mission of the ASPCA is to provide effective means for the prevention of cruelty to animals throughout the United States. They have an excellent website that includes information on the prevention of cruelty to animals, adoption, and animal health care and also have excellent information on poison control. Their Animal Poison Control Center is the premier animal-oriented poison control center in North America. It is the best resource for any animal poison-related emergency. If your pet has swallowed anything you fear is poisonous, please call the ASPCA's National Animal Poison Control Center (NAPCC) to get 24-hour animal poison information for veterinarians and pet owners. Their 24 hour per day toll free number is 1-888-426-4435 for any animal poison related emergency.

### **Androscoggin Home Care & Hospice (AHCH)**

Androscoggin Home Care and Hospice offers a wide range of high-quality home health care services which help people maintain their health, independence and quality of life in their homes and communities. These services are offered in the towns of Bridgton, Lewiston, Norway and Wilton and include:

- Follow-up care after discharge from a hospital, nursing home or skilled nursing facility
- Recovery from an acute illness, injury or surgery
- End-of-life hospice care
- Managing medications to address mental health conditions
- Obstetrical and pediatric nursing care
- Extended hours of personal care and Lifeline services to maintain your independence at home

In addition, Androscoggin Home Care Services offers Community Bereavement Services. These include the *Program for Grieving Children & Teen* with sessions offered throughout the year in Lewiston/Auburn, Rumford/Mexico and Farmington. The *Pathways through Grief* Program is a free eight-week program offered to adults in the Lakes Region, Oxford Hills and Wilton areas. The *Guidance through Grief* Program is a free eight-week program, co-sponsored with Central Maine Medical Center, offered to adults in the Androscoggin County area.

### **Avesta Housing**

In addition to providing affordable housing, Avesta administers the HUD Section 8 Voucher Program in York, Cumberland, Oxford and Androscoggin counties as well as the mod-rehab program. They also maintain a listing of low-income housing providers. The program provides rental assistance to over 1,210 low-income households in southern Maine through vouchers that make up the difference between a family's ability to pay and the market rent. See the Housing Section for more information on housing and rental assistance programs below.

### **Bureau of Motor Vehicles**

The state of Maine Bureau of Motor Vehicles branch office for Oxford County is located at 110 Main St. in Mexico (Mexico Shopping Plaza) and their number is 369-9921 or 369-0106. At this location you can get your state ID card or driver's license, register your vehicle, change your address on your license/ID/registration, request and purchase your driving record, or apply for an automobile title. You can also get information and handouts about advanced directives.

On the last Monday of the month, there is a mobile unit in South Paris where you can renew or replace your state ID or license **only**. Out-of-state license holders must go to the branch office. The branch office is located at the Trinity Lutheran Church at 34 Buckfield Road in South Paris and is open from 10:00 am-1:00 pm and 2:00-3:00 pm.

### **Big Brothers/Big Sisters**

Big Brothers Big Sisters matches children ages 7 through 13 with mentors in professionally supported one-to-one relationships. The Child Health Center operates mentoring programs in communities across Oxford, Androscoggin and Franklin Counties. Mentoring programs include:

- **Community-based mentoring** is the traditional Big Brothers Big Sisters relationship, where Bigs and Littles get together on their own to share fun activities they both enjoy. Matches meet for a total of six hours a month.
- **In school-based mentoring programs**, Bigs and Littles meet for one-to-one mentoring in the classroom, school library, school computer room, neighborhood community center, or other set location. Bigs and Littles typically meet once a week to read together, play sports or computer games, or simply talk about life and personal issues – just as friends do.
- **Site-based Mentoring**: Bigs and Littles meet once a week in schools, libraries and community centers, to talk and have fun. It's not about being a tutor ... it's about being a friend.

### **Career Centers**

Please refer to Western Maine Community Action Program (WMCA) as they operate the Career Centers in South Paris and Rumford.

### **Child Health Center**

The Child Health Center serves young children with special needs and their families. Current programs include specialized pediatric therapy services which provide physical therapy, occupational therapy, speech therapy and special education services for over 200 children and their families; Big Brothers Big Sisters which has provided more than 500 community and site-based matches in Androscoggin and Oxford counties since July 2009; Maine Families which provides prenatal and parenting education to young parents (under age 22) and parents of children with special needs through home visits with a goal of helping young parents feel supported and building on the strengths of the parent and child relationship.

### **Citizens Energy Oil ("Joe for Oil")**

In partnership with CITGO, Citizens Energy works with thousands of oil heat dealers and local fuel assistance agencies in 23 states to provide deliveries of home heating oil to those in need. This year the Oil Heat Program provided eligible families a one-time delivery of 100 gallons of home heating oil. Typically they begin taking applications by phone in January for a short period of time. Applicants should be prepared to provide their income information as the program serves low-income households. The maintain a website ([www.citizensenergy.com](http://www.citizensenergy.com)) which provides information about heating programs in 23 states and their website informs the public when they will take oil assistance applications.

## Common Ground Counseling

Common Ground Counseling provides treatment for substance use, misuse and dependency issues, as well as people affected by the substance misuse of another. They provide services for adolescents and adults including individual, group and family counseling. Additional services include evaluations for adults (including DEEP-Driver Education and Evaluation Programs), adolescents and children and referrals to services. They have offices in Norway, Mexico and Fryeburg.

## Community Concepts

Community Concepts offers a variety of housing, economic development and social services for the communities of Androscoggin, Franklin and Oxford counties of Maine. These services support both the basic needs of low income families and promote self-sufficiency. Services include:

- **Children's Services:** Offers Head Start, Childcare and the USDA Childcare Food Program to children and families in Oxford and Franklin Counties, Maine.
- **Child abuse and neglect:** Community Concepts has many services to help families and community members prevent child abuse.
- **Family Support Program:** A licensed social worker and supervisor meet the families at their home to understand the issues the family is experiencing. Family Support social workers will conduct a risk assessment and help the parents put together a plan to address them. All referrals come through the Maine Department of Human Services Child Protective Services.
- **Finders/Seekers:** is the local Resource Development Center for Androscoggin, Franklin and Oxford Counties of Maine. Finders/Seekers coordinates existing child care services, provides information & referral to parents seeking quality child care, technical assistance to child care providers, professional development for providers that are seeking to better serve their families and communities, information and referral to employers and the community on child care statistics in the tri-county area, state-wide and nationally.
- **Fuel Assistance:** This program is funded by MaineHousing and serves people residing in Oxford & Androscoggin Counties. Through the LIHEAP (Low Income Heating Energy Assistance Program) fuel assistance benefit for income eligible clients are paid directly to client's fuel vendor of choice for oil, K-1, wood, or LP Gas.
- **Homebuyer Education Classes** are certified by HUD and *hoMEworks*. *hoMEworks* is a group of homebuyer education providers with a mission to develop a standardized, comprehensive, homeownership education program delivered by a network of industry professionals in neutral environments throughout Maine Low Income Heating Assistance Program.
- **Housing:** Community Concepts offers a variety of housing options including affordable rental properties, fuel assistance (LIHEAP), emergency crisis intervention program (ECIP), low income assistance program (LIAP), telephone life line program (TLP), keep ME warm fuel fund, keep ME warm winterization program, weatherization, carbon credit fossil fuel fund, central heating improvement program, refrigerator replacement program and more.
- **Mental Health Programs** provides outpatient therapy and counselling to children, teenagers and adults.
- **Parenting:** Utilizing the Parents as Teachers, Great Beginnings, and Touchpoints curricula, home visitors come to your home to provide new and expecting first time parents with support and child development education.

- **Shelter Programs:** include the Oxford Hills Homeless Shelter in South Paris and the Strathglass Homeless Shelter in Rumford. Each shelter houses 9 beds for homeless families and is operated 365 days per year. The shelters primarily assist families only, typically families with children.
- **Transportation services:** Community Concepts provides transportation services to MaineCare patients to qualified medical appointments, public schools/special needs students, Maine Department of Health and Human Services, Child Development Services, Kidney Dialysis & chemotherapy patients and day habilitation programs.

### **Community Dental Clinic**

Community Dental provides affordable dental care and access to dental health treatment, disease prevention and education to all people of Maine. Community Dental's health center dentists and hygienists provide all forms of general dentistry services. These services include initial and periodic exams, diagnostic bitewing, full mouth and panoramic x-rays, and treatment plans. Restorative care includes fillings, bite adjustment, root canals, extractions, crowns, bridges and partials. Maine licensed hygienists provide cleanings, fluoride treatments, disease preventive molar sealants, mouth guards for athletic activities, instruction on healthy home dental care techniques and parental dental care guidance for infants, children and adolescents. Tobacco cessation referral information is available on request. Offices are located in Biddeford, Farmington, Lewiston, Portland and Rumford. The Rumford Community Dental health center is located in the River Valley Technology Center in the business district of downtown Rumford, adjacent to the New Page Mill and directly across from the Dunkin Donuts and their number is 369-3600.

### **Consumer Council System of Maine (CCSM)**

The Consumer Council System of Maine (CCSM) represents fellow consumers with an effective, organized voice in shaping public policy and mental health services. They believe it is essential to have the participation of all consumers and they look to collaborate with allies to find realistic solutions to local and statewide issues and to advance recovery-oriented, consumer-driven mental health care and peer-run recovery opportunities. The Consumer Council System of Maine (CCSM) is an independent, public instrumentality established by Maine law (Title 34-B, §3611). They are responsible for providing an independent and effective consumer voice into mental health public policy, services, and funding decisions. The CCSM consists entirely of past/present recipients of mental health services (consumer/peers), including all Statewide Consumer Council representatives and paid staff and they welcome and need the participation of all mental health consumers/peers from all over Maine. The Consumer Council System of Maine leads the way as a well-established cornerstone of a recovery-oriented system of mental health care, moving forward with courage and creativity, directed by an informed, diverse grassroots consumer network. Their toll free number is 1-877-207-5073 and their website is <http://www.maineccsm.org>.

### **Cooperative Extension**

The University of Maine Cooperative Extension in Oxford County gives local residents access to the resources and expertise of the University of Maine. Through educational programs, publications, and events, UMaine Extension delivers unbiased, research-based information to Oxford County citizens. They can answer questions on a wide array of topics. To find out how they can help, contact them at their office a 9 Olson Road in South Paris or call them at 743-6329. They offer an array of 4-H/Youth Development programs including 4-H in Oxford County, 4-H Camp and Learning Center at Bryant Pond



(former Maine Conservation School), 4-H Earth Connections and Waste Away Programs, 4-H Fair Programs, 4-H First Aid, Health, Safety and AIDS Education Programs, Area Resources for Kids (ARK) Program, Aspirations, Career Education & Entrepreneurship Program, Catalyst Program, Eastern States Center Program, HIV Prevention Program for Youth, Promoting 4-H School Enrichment Programs, School Age Child Care (SACC) Programs Teen Exchange, Volunteer Ongoing Leader Training (VOLT) and Youth Agricultural Education.

Additional programs include agriculture programs including Bee School, Nitrate Testing, Open Farm Day, Recycling and Composting in Oxford County and Tractor Safety. They offer the Maine Extension Homemakers Council and Extension Homemaker Groups, gardening programs including Garden Angels, Master Gardener Volunteers, and winter gardening services. Their food programs include Eat Well Nutrition Education Program, Nutrition and Health Education and Food Safety.

The **Senior Companion Program** helps elders stay independent which is a challenge in Maine's rural areas. Many older adults do not have relatives living nearby and must rely on others to help them. Through the University of Maine Cooperative Extension's Senior Companion Program, homebound elders are able to stay in their own homes longer thanks to regular visits from Senior Companions — dedicated, active individuals age 55 and older. For information about the program in Oxford County, call 743-6329 or 1-800-287-1482.

### **Crooked River Counseling**

Crooked River Counseling, located in Norway is an agency that provides substance abuse counseling and treatment. They offer counseling to men, women, and adolescents affected by substance abuse including individuals, couples, families and group counseling, day treatment and DEEP services. Their mission is to provide comprehensive treatment in a safe environment where individuals & family members can grow together and achieve recovery.

### **Department of Health and Human Services**

Provides a variety of services including the investigation of reports of child abuse/neglect, and follow up services when needed; TANF, WIC, food stamps, MaineCare Insurance, ASPIRE, Parents as Scholars Program, emergency financial assistance, paternity testing and implementing/enforcing child support, birth, deal marriage and divorce records, childhood lead program and well water testing, as well as other health and safety information and resources.

### **Domestic Abuse Helpline for Men & Women**

The Domestic Abuse Helpline for men and women provides crisis intervention and support services to victims of intimate partner violence and their families in order to help survivors recover from the trauma of IPV. They increase public awareness and decrease tolerance of domestic abuse through community collaboration and education. DAHMHW strives to improve the quality and safety of the lives of victims who are seeking peace in their homes and in their daily existence.

### **Emergency Medical Services (EMS)**

In addition to emergency medical response and emergent transfer services, many local EMS providers offer community education and public relation programs such as CPR/First Aid training, low cost first aid

kits, 911 child education, station tours and other community service. Med-Care serves the Rumford/Mexico area and their number is 1-888-549-9798. P.A.C.E. serves the Norway South Paris area and they can be reached at 743-5933.

### **Faith Based Organizations**

Please see the appendices for a listing of faith based organizations.

### **Fire Departments**

In addition to emergency fire protection services, many local fire departments offer fire safety and prevention education and training, junior firefighter programs and station tours.

### **Food Pantries**

If your household has run out of food and you have no means to purchase more you may qualify for assistance at a food pantry. **Please see the appendices for a listing of food pantry locations** and hours in Oxford County. Please call ahead because some food pantries require a referral and they do not accept people coming in on a walk-in basis.

### **Fuel Assistance Programs**

MaineHousing provides funding for LIHEAP/HEAP Heating assistance. This is the Low Income Home Energy Assistance Program which provides money to low income homeowners and renters to help pay heating costs. The funds are distributed through 9 Community Action Agencies, in most cases, directly to the fuel vendor. The program is not intended to pay for all heating costs, but to assist in paying the heating bills. Community Concepts is the agency that administers LIHEAP in Oxford County.

### **G.E.A.R. Parent Network**

Through parent-to-parent sharing of experiences and knowledge, G.E.A.R. Parent Network empowers parents of children with behavioral health needs to build on their family's strengths and to advocate for their family's needs. FREE support available to parents & families include:

- Support by phone at 1-800-264-9224 or 1-207-696-8375 if you are out of state
- Monthly Support Groups
- Workshops about public services available to your child, and on topics related to emotional and behavioral health
- Opportunities to network with other families
- Information on Resources for you and your family
- Programs for passing on your knowledge and assisting other families
- Teaches leadership skills and quality assurance advocacy through the F.A.C.E.S. Council

Support groups are offered regionally for parents. In Norway, the GEAR Parent Support meetings occur the 3rd Wednesday of each month at Stevens Memorial Hospital, from 6:30-8 p.m. Other programs include:

- **Afterhours Family Assets Program:** Afterhours Family Assets Program (AFAP) is a unique program developed by families and parents to promote discussions and develop working relationships among law enforcement, families, youth, and providers across the state. Since February 2008 they have been meeting and strategizing ideas to identify and strengthen developmental assets in the community and in the family to assist children and youth with emotional and behavioral health challenges.
- **Family Empowerment Institute:** The Family Empowerment Institute has been designed to provide training with a continuum of support to parent and family members of children with behavioral health concerns to develop skills needed for effective and sustainable involvement in all aspects of the care of our children. The Institute's design is to promote active family voice via the family driven care principle of systems of care. This strategy is based on a What, Why, Where and How model developed by the staff of the G.E.A.R. Parent Network.
- **Family Support Partner Program:** G.E.A.R. established the Family Support Partner (F.S.P.) Program in 2009 to provide short-term, in-home support services to help parents and their youth successfully navigate what are often complex and frustrating systems of care. An F.S.P. has firsthand experience loving and caring for a child with emotional and behavioral health needs, and knows how important it is to have a person to talk to who can empathize with related issues at home, school, in facilities and the community. An F.S.P. helps empower families to effect life decisions based on individual strengths and needs. They help educate families on "family-driven" care, and may help a family identify its own trauma history and educate that family on trauma-informed services. They may also offer ideas and suggestions for a child's behavior management.

### **General Assistance (GA)**

Each town has a General Assistance Program to help people in emergencies. You **may** be eligible even if you work or receive other benefits such as: food stamps, Veterans' benefits, or Social Security income. General Assistance is financial help administered by each local community. It provides funds for basic living expenses for those who cannot afford them. All communities are required by state law to provide general assistance. Communities have local laws, called ordinances which specify program eligibility and benefits. These ordinances must be made available to the general public through the municipal office or selectpersons.

Some communities have particular days or hours for applying for general assistance. When the administrator of the GA program determines that an emergency situation exists, the applicant must be allowed to apply for assistance that same day. An applicant is entitled to make out applications in writing, have privacy during the application and interviewing process and receive a written decision within 24 hours. Applicants are required to prove income and living expenses, so they should bring check stubs and receipts for expenses.

To request General Assistance, contact your town office. **Please see the appendices for a listing of towns in Oxford County including their hours and phone numbers.** It is important to know that towns must accept your application for review. You may be turned down for help if you do not meet the guidelines for the program but you do have the right to appeal that decision so that your application can be reviewed a second time. The application is private and confidential. If you have problems concerning

General Assistance, contact: Office of Integrated Access and Support Department of Health and Human Services at 207-287-2826 or call the toll free number at 1-800-442-6003 Local/Out-of-State.

### **Greater Androscoggin Humane Society**

Over the past 30+ years, there has been one true issue at hand.... Pet overpopulation. A number of years ago, the Greater Androscoggin Humane Society realized something needed to be done about the animal overpopulation in our community. It was then agreed that the Humane Society would no longer allow an animal to go to a new home without first being spayed or neutered. They now spay/neuter every cat, kitten, dog, puppy and rabbit before adoption; a financial burden accepted and funded by the Shelter. In addition to animals, they also offer neighbors a low-cost Community Spay/Neuter Program. This program provides vouchers to low-income families in our community, helping to offset the cost of the spay/neuter procedure, another way they are dedicated to combat pet overpopulation. Both the Spay/Neuter Adoption Program and the Community Spay/Neuter Program are funded solely by fundraising efforts run by the shelter and our many volunteers. Their mission is "We are committed to using our resources to provide the best possible care for stray, abandoned and abused animals." The Animal Shelter accepts lost, stray, and privately owned animals. Being a full service shelter means taking many types of animals although the major intake is limited to cats/kittens and dogs/puppies. Programs include the following:

- **Pet Adoption:** The Animal Shelter provides adoption counseling to those individuals interested in adopting an animal. The applicants are screened in order to place companion animals into new and permanent homes with responsible pet owners who will fulfill the terms of our adoption contract. It is very important to match the animal to the needs of the household.
- **Incentive Certificates:** The Animal Shelter provides discount spay certificates to individuals who bring litters of puppies or kittens to the shelter if they still have the mother.
- **Lost and Found:** Through their computer database and investigative procedures, we connect lost pets with their owners. This can be done without having the animal in our facility.
- **Breed Rescue Club Referrals:** We provide information to interested parties to help in the adoption and rescue of a particular breed of dog.
- **Humane Education:** Through our classroom programs we hope to educate the next generation of responsible pet owners. Our Senior Technicians can visit schools or civic groups with important information about animal care.
- **Assist with Pet Neglect/Abuse:** The Shelter works with the Animal Welfare Board and the Animal Control Officers in referring cases of neglect to the appropriated investigators.
- **Working with the Developmentally Disabled/Disadvantaged:** Through this program clients are brought to the shelter for socialization and interaction with animals to improve their social skills. Clients come to the Shelter to help with dog walks, animal socialization and other activities and in turn gain confidence, develop social skills and achieve a satisfaction by being part of the Shelter Experience.
- **Community Spay/Neuter Program:** We offer discount certificates worth \$25/cat or dog to help our communities low-income families off-set the cost of the spay/neuter procedure.
- **Spaying Certificates for Expecting Mothers:** They issue certificates (\$75 for mother cats and \$125 for mother dogs) to help with the spaying to those owners who bring us their litters.
- **Youth & Volunteer Program:** Nearly 125 volunteers support the staff in a variety of functions ranging from animal socialization and fundraising to caring for foster litters in their homes.

- **Temporary Shelter Partnerships:** We have partnerships with the Abused Woman's Advocacy Project and our two local hospitals to provide temporary, short term care for the victims of domestic violence and hospital patients.
- **Special Pets for Seniors:** Senior pets (pets over 5 years of age) who arrive at the shelter already spayed/neutered are available for adoption to senior citizens, over age 55, at no cost.
- **Temperament Testing Program:** In our effort to ensure that each dog and cat is placed in an appropriate home environment, a comprehensive behavioral evaluation is performed shortly after their arrival. **Animal Enrichment Program:** This program includes a variety of components such as aromatherapy, videos for visual stimulation and music to help keep the animals comfortable and happy as they wait for their new home.

### **Greater Rumford Community Center**

The Greater Rumford Community Center is a nonprofit organization that strives to provide quality affordable recreation programs and services for all residents of the River Valley area. They have modest membership fees and their membership runs from September 1 to August 31. They offer a variety of programs including adult fitness, baseball/softball, basketball, dance, day camp, flag football, floor hockey, gymnastics, Jujitsu, Karate, soccer, swimming, swimming lessons, women's self-defense and wrestling. Their fitness center includes cardio equipment, circuit training equipment and free weights. A personal trainer is available and they offer year round member benefits. For more information contact them at 369-9906 or at 50 Congress Street in Rumford.

### **Healthy Oxford Hills**

Healthy Oxford Hills (HOH) is a program of Western Maine Health. HOH promotes partnerships, policies and programs to protect and enhance the health of residents of Oxford Hills with the ultimate goal that Oxford Hills residents will be the healthiest people in Maine. The Healthy Oxford Hills coalition was assembled in the fall of 2000 as a means to action for individuals and organizations concerned about the health of residents of the Oxford Hills community. A five-year grant from the Maine Bureau of Health has allowed the coalition to address significant health threats to the Oxford Hills community including: Heart disease, stroke and other cardiovascular diseases, cancer, chronic lung diseases, diabetes.

Healthy Oxford Hills works closely with other community partners to promote local programs that encourage more active lifestyles and healthier eating, help smokers quit and keep kids from starting to smoke, protect children and adults from the dangers of secondhand smoke. These programs include walking programs, anti-tobacco youth groups, and guest speakers and resources for teachers and students in local schools. The focus of the coalition is to create policies and environments that support a healthier lifestyle. For more information on Healthy Oxford Hills, please call 739-6222.

### **Hillside Café**

The Hillside Café is an after-school drop-in center for students at Oxford Hills Comprehensive High School located on campus. It provides a place to socialize, play video games and have snacks. There are other resources such as baby supplies, personal hygiene items, clothing and household supplies. For more information contact the school at 743-8914.

### **His Place Teen Center**

Faith based, supervised teen drop-in center for youth ages 11-18, open Friday nights from 6:00-9:00 pm. Voluntary teen church service follows at 9:15 pm. The teen center offers an affordable snack bar, PS2, computers, foosball table, pool tables, air hockey, basketball, softball, horseshoes, volleyball, ham radio and the group often does bike rides on Sunday afternoons. It is located at 254 Webber Brook Road in Oxford and they can be reached at 515-3000.

### **Homeless Services for Adults**

In Oxford County, there are five homeless shelters. Community Concepts operates two family homeless shelters in Rumford and South Paris. Rumford Group Homes operates the South Paris Men's Shelter for 2 single men, the Norway Family Center for women and children, and the Rumford Family Center for homeless families. In addition, Rumford Group Homes provides transitional and permanent housing for homeless families. Please see the agency descriptions listed in this section for more information.

### **Homeless Services for Unaccompanied Youth**

There are no youth serving shelters in Oxford County. If a youth is homeless and is unable to return home, they can seek shelter from one of the four shelters for unaccompanied youth in the state of Maine. These include the Halcyon House in Skowhegan, Lighthouse Shelter in Portland, New Beginnings in Lewiston and the Shaw House in Portland. Please see the appendices for a listing of shelters and their contact information.

In Oxford County, Rumford Group Homes operates the only Homeless Youth Outreach Program which provides a variety of services to youth including provision of emergency supplies. The agency operates the only federally funded Transitional Living Program (TLP) in Oxford County, serving up to 10 homeless youth in scattered site apartments throughout Oxford County. Youth are provided with support, services and financial assistance for up to 18 months while they develop the skills needed to become self-sufficient. For more information on these programs, go to the agency description listed in this section.

### **Hope Association**

Hope Association has a long history of providing a wide range of services for people with developmental disabilities. They are recognized and highly respected in our community for the work that they do. Their services are designed to assist individuals in obtaining and maintaining employment that matches their personal skills and interest. They will assist in: Work Readiness Skills, Career Exploration/Job Shadows, Job Search/Job Placement, and On the Job Training and Support. The Hope Association offers transition services are designed to prepare students for employment or post secondary education after graduation from high school. Community Support Services provide individuals person-centered services within their own homes and communities. People can choose to have their programs "within walls" or have programs "without walls".

Community Support Services offer individuals: independent Living Skills such as, money management, personal hygiene, cooking and food preparation, Safety skills, including vehicle, home and street safety, Physical activity including bowling, track and field, skiing, snowshoeing, swimming and walking, etc. Hope Association provides Outreach services to those individuals in area nursing homes who qualify for services. Criteria to receive Outreach services include professional documentation by a qualified

medical professional indicating a developmental disability prior to the age of 18 years old. Approval to receive Outreach services is then processed through the Department of Health and Human Services. They are located at 85 Lincoln Ave. in Rumford and their number is 369-0141.

### **Hospitals/Health Clinics**

In addition to offering emergency medical care, surgery, birthing and OB/GYN, physical rehabilitation and routine healthcare screenings/check-ups, many hospitals offer community wellness programs and low-cost health clinics and access to free medical library resources. For more information contact the Rumford Community Hospital at 369-1000 or Stephan's Memorial Hospital at 743-5933.

### **Housing & Rental Assistance Programs**

Subsidized housing is rental assistance provided by the government to help people with rent and utility costs. Under some programs, people who are income eligible pay a percentage of their income toward rental costs and government subsidy pays the rest. Other programs provide housing which is affordable for low and moderate income families. There are two types of rental assistance-**subsidized apartments** and **housing choice vouchers**. Waiting lists for both subsidized apartments and housing choice vouchers can be long so it can be to an applicant's advantage to apply for both types of housing.

**Subsidized apartments:** Subsidized apartments are administered by four different agencies: MaineHousing the U.S. Department of Housing and Urban Development (HUD); USDA Rural Development (RD) and Public or Local Housing Authorities (LHA's). MaineHousing maintains a listing of subsidized apartments for each county, including contact information for requesting applications. When contacting management agents, applicants should be prepared to disclose their gross household income; income restrictions apply and can vary by apartment. MaineHousing's subsidized housing lists are available on-line at [www.mainehousing.org](http://www.mainehousing.org) under the tab for renting.

**Section 8 Housing Choice Voucher Program:** This program helps income-eligible tenants obtain decent, safe and sanitary housing by subsidizing a portion of their monthly rents and paying it directly to their landlords. Both MaineHousing and Local Housing Authorities (referred to here as Housing Agencies) administer Section 8 Housing Choice Voucher Programs. MaineHousing Agents serve areas out of LHA's service areas. In any given region, applicants may apply to both a Local Housing Authority and a MaineHousing Agent for the Section 8 Housing Choice Voucher Program. Because waiting lists can be long, it may be to the applicant's advantage to place their name on multiple waiting lists. A voucher may be used for any type of private rental housing if the housing meets certain housing quality inspection standards and the owner accepts the applicant as a tenant. Rent must be within the limits of the program. A family that already is renting a suitable apartment, house or mobile home when they receive a voucher may be able to remain in that unit and receive help with their monthly rent. Landlords retain normal management rights and responsibilities including tenant selection, collecting the tenant's share of the monthly rent, property maintenance and lease termination. For Oxford County, Avesta Housing is the MaineHousing Agent.

**Bridging Rental Assistance Program (BRAP) and Shelter Plus Care (S+C) Program:** BRAP is a statewide housing subsidy program developed by the Department of Health and Human Services (DHHS). BRAP provides funding to assist mental health consumers access safe, decent, and sanitary housing of their choice. BRAP is designed to provide temporary housing assistance to individuals until they are awarded a Section 8 Housing Choice Voucher. S+C programs provide rental assistance that when combined with

social services, provides supportive housing for homeless people with disabilities and their families. The local administrative agency that administers the BRAP and S+C Programs in Oxford County is Common Ties Coalition located at 140 Canal St. in Lewiston. They can be reached at 795-6051 or <http://commonties.org/>.

### **Kiwanis Club**

Kiwanis is a global organization of volunteers dedicated to changing the world, one child and one community at a time. Founded in 1915 in Detroit and with headquarters now in Indianapolis, Kiwanis International is a thriving organization of service and community-minded individuals who support children and young adults around the world. More than 600,000 Kiwanis-family members in 94 countries make their mark by responding to the needs of their communities and pooling their resources to address worldwide issues. Through these efforts, Kiwanis International truly is "Serving the Children of the World."

Prospective members are invited to join by existing members. The club's Board of Directors reviews membership information for approval. Beyond initial induction fees, members contribute annual dues as determined by the club. Kiwanis clubs meet weekly. Members, on average, invest about six hours a month by participating in meetings, projects and volunteering in their community. Kiwanis tries to serve children and youth using two approaches. One attempts to improve the quality of life directly through activities promoting health, education, etc. The other tries to encourage leadership and service among youth. In pursuit of the latter goal, Kiwanis sponsors about 7,000 youth service clubs with nearly 320,000 youth members. The Norway-Paris Kiwanis Club meets every Thursday. Meetings are \$8 and held at various locations throughout the Oxford Hills. For more information visit their website at <http://www.npkiwanis.org/index.htm>.

### **Legal Resources**

These Maine organizations are able to give legal information and help in some cases. Some of these agencies are discussed in greater detail in this section. Below is a brief summary of legal services:

- Pine Tree Legal Assistance represents low-income people in many civil cases. Pine Tree has offices in Portland, Augusta, Lewiston, Bangor, Machias and Presque Isle. Pine Tree offices have access to 7-1-1 (Maine's Relay) and Language Line translation services.
- The Maine Volunteer Lawyers Project can refer low-income people to private attorneys in many civil cases, particularly those that aren't handled by other legal services providers. The VLP has a toll free number to see if you are eligible and whether they can help with your problem.
- Legal Services for the Elderly helps socially and economically needy Maine seniors age 60 and over in many civil (non-criminal) cases. LSE has offices in Augusta, Bangor, Lewiston, Portland and Presque Isle, as well as a state-wide toll-free Hotline (voice, TTY and language line translation services). All of LSE's services are free and confidential.
- The Disability Rights Center helps people with problems related to a disability. The Disability Rights Center has an office in Augusta and a state-wide toll free phone number (voice and tty).
- The Immigrant Legal Advocacy Project helps low-income persons with immigration law and related issues for free or low fees. To get help with a new immigration case (whether a new client or a client who worked with ILAP previously for a different matter) you must first come to or call our office on a Friday from 9am-1pm to go through our intake process with a volunteer. ILAP serves people state-wide and can be reached by telephone through its toll-free number.



- The Cumberland Legal Aid Clinic of the University of Maine School of Law represents low-income individuals with legal cases in Cumberland, York, Sagadahoc, and Androscoggin counties. Phone: 780-4370 (Greater Portland area) or 1-877-780-2522 (toll free, outside of Greater Portland area).
- Maine Equal Justice advocates in the legislature, courts, and administrative agencies on behalf of people with low income. Maine Equal Justice is interested in hearing the experiences of individuals and families who have received benefits, such as TANF/ASPIRE, MaineCare, Parents as Scholars, Emergency Assistance, Alternative Aid, and Food Stamps, in order to help with advocacy projects. Phone: (207) 626-7058 Toll free: (866) 626-7059
- The Maine Civil Liberties Union provides lawyers for people whose constitutional rights have been violated or who have been the victim of illegal discrimination. The MCLU also has a prisoner's rights project. Its cooperating attorneys do not charge their MCLU clients attorney's fees. The MCLU has only one office, in Portland, but takes cases from all over the state.
- The Maine Lawyer Referral and Information Service can help many people find a standard-fee attorney appropriate to their legal problems. One \$25 will cover up to three referrals, if needed, to attorneys who will not charge for the first half-hour of a consultation.
- Maine State Law and Legislative Reference Library in Augusta features Ask A Librarian. You e-mail them your questions and they'll send you legal information. Although librarians cannot give you legal advice, they can help you find the information you're looking for.

### **MaineCare (Medicaid)**

MaineCare is a federal and state funded program that pays for medical services by physicians, hospitals and other health care providers. If you receive Supplemental Security Income (SSI) or Temporary Assistance to Needy Families (TANF) you are automatically eligible for MaineCare. If you are not in either of these programs, but need help to pay for medical care, you may still be eligible for MaineCare. To download an application on-line go to <http://www.maine.gov/dhhs/mainecare.shtml>. For more information contact the Department of Health and Human Services office. In Oxford County, the office is located at 243 Main Street, Suite 6 in South Paris and the telephone number is 744-1200.

### **Maine Equal Justice Project**

The mission of Maine Equal Justice Partners (MEJP) is to find solutions to poverty and improve the lives of people with low income in Maine. We accomplish our mission through:

- Public policy advocacy in the legislature and with governmental agencies
- Legal representation and impact litigation on systemic issues
- Statewide outreach and training on issues affecting people with low income and the supports that can help them prevent or move out of poverty

MEJP focuses its work on the issues that affect people's daily lives - access to adequate health care, food and income security, supports for working families, and higher education and training opportunities. Their website ([www.mejp.org](http://www.mejp.org)) provides a number of education and publications that are very helpful including information on health care, TANF/ASPIRE, Parents as Scholars, employment, food stamps, and other information including links to current legislators.

### **MaineHousing (Maine State Housing Authority)**

MaineHousing (formerly Maine State Housing Authority) offers programs and services that make housing more affordable to Maine people. MaineHousing's mission is to assist Maine people to obtain and maintain decent, safe, affordable housing and services suitable to their unique housing needs. MaineHousing is an independent state agency that bridges public and private housing finance, combining them to benefit Maine's low and moderate-income people. MaineHousing brings millions of new private and federal housing funds to invest in Maine to create safe, affordable, warm housing. Their programs home buying, home improvement, renting, energy, homeless services and housing development. MaineHousing provides funding to over 40 homeless shelters across Maine and maintains the most current listing of emergency shelters (also listed in the appendices in this document).

### **MaineHousing (LIHEAP/HEAP) (Heating Assistance)**

The Low Income Home Energy Assistance Program (commonly called LIHEAP or HEAP Fuel Assistance) provides money to low income homeowners and renters to help pay heating costs. The funds are distributed throughout Maine by 9 Community Action Agencies, in most cases directly to the fuel vendors. The program is not intended to pay for all heating costs, but to assist in paying the heating bills.

### **Maine Human Rights Commission**

The Maine Human Rights Commission is the State agency charged with the responsibility of enforcing Maine's anti-discrimination laws. The Commission investigates complaints of unlawful discrimination in employment, housing, education, access to public accommodations, extension of credit, and offensive names. The Commission attempts to resolve complaints of discrimination to the mutual satisfaction of those who are involved. The Maine Human Rights Act authorizes the Commission to pursue remedies for unlawful discrimination in Court when necessary to enforce the Act.

### **Maine Parent Federation (MPF), Inc.**

MPF is a statewide private non-profit organization that provides information, advocacy, education, and training to parents and professionals to benefit all children. They promote individual aspirations and community inclusion for people with disabilities. In existence since 1984, MPF is physically located in Augusta Maine, but assistance is available on a statewide basis. **MPF services are offered at no cost to parents.**

### **Maine State Bar Association**

The Maine State Bar Association (MSBA) offers a number of services to the public. These include:

- **General Legal Information:** As a service to the public, the MSBA provides general legal information on a variety of topics through a series of free consumer pamphlets. These brief brochures answer frequently asked questions about adoption law, landlord-tenant law, real estate transactions, bankruptcy, workers compensation, social security disability, probate, drunk driving law, making a will, organizing a business, auto collisions, being a good witness, divorce and separation, domestic abuse, mediation and other dispute resolution procedures, and attorneys' fees.
- **Lawyer Referral and Information Service:** To make legal services readily available to individuals and families, the MSBA operates its long-established Lawyer Referral & Information Service (LRIS). Through a toll-free telephone number (1-800-860-1460), callers are briefly interviewed

and put in contact with a lawyer in their area who can handle the type of case they describe. As part of the LRIS program, the Maine State Bar Association charges \$25 for using the service, but participating lawyers do not charge for the first half-hour of consultation. If the LRIS interviewer determines that callers may be better served through other legal assistance programs, this information is provided free of charge

- **Ask A Lawyer** is a column, provided by the Maine State Bar Association, offered to and in cooperation with several Maine newspapers. In the columns, lawyers answer questions posed by readers on subjects of general interest.
- **Speakers Bureau:** Requests for speakers are welcome from businesses, civic groups, community groups and schools. Volunteer speakers stimulate lively discussions in presenting programs that encourage questions and answers.
- **Lawyers with Class:** This program matches Maine judges and lawyers to schools for classroom visits for Job Fairs and other requests. Program coordinators match volunteer lawyers and judges from all levels of Maine's court system to students in grades 5-12.
- **On Your Own:** Revised and updated annually, *On Your Own* is the MSBA's guide to the law for young adults published each spring in time for free distribution to graduating high school seniors throughout Maine. A compact, 56-page guide, *On Your Own* covers the rights and responsibilities of adulthood, including buying a car; the rules of the road; making choices about military service, college, and finding a job; voting; finding an apartment; dealing with landlords; credit ratings and credit reports; spoken, implied and written warranties; consumer problems; what happens if you're arrested; how Maine courts work, and more.

### **Maine Veterans' Homes**

The South Paris location is the fourth of six multi-service facilities serving Veterans. This is a 90 bed facility which includes a 28-bed residential care unit, with 24 hour RN medical and skilled care units. The focus is on returning the patient to their home and community, whenever possible. Services offered through the Maine Veterans' Homes include: rehabilitation & skilled nursing, physical therapy, occupational therapy, speech-language therapy as well as dementia care, pain management, respite care and end of life care.

### **NAMI-Maine Chapter (National Alliance on Mental Illness)**

NAMI Maine has been providing support, education, and advocacy on behalf of people with mental illness and their families since 1984. Support groups are available across the state, our help line responds to thousands of calls each year, and they provide education about mental illness and co-occurring substance abuse issues to all who need it. NAMI-Maine works locally and state-wide to make sure that people with mental illness and their families can find the help they need, when and where they need it. Their website ([www.namimaine.org](http://www.namimaine.org)) contains useful information and resources on mental health issues including support groups.

### **Narcotics Anonymous**

Provides confidential, free support services to individuals with drug addiction (including alcoholism) who want to become/remain sober. Services include regular support group meetings and 24 hour information and support. The helpline # is 1-800-974-0062.

### **National Runaway Switchboard**

Operates a 24/7 hotline to assist runaway youth, their family and friends with referrals to local resources and/or working through problems. Offers prevention, education and outreach programs, crisis intervention and conference calling/message relay. "Home Free" program helps reunite runaway youth with their families, providing counseling and a free bus ticket home (or to a safe facility nearby your hometown if not returning to family. For more information contact 1-800-RUNAWAY or 1-800-786-2929.

### **National Suicide Prevention Hotline**

Operates a 24/7 hotline providing immediate assistance to anyone who might be in danger of hurting themselves. Call to speak to someone who cares and to get referrals to local mental health services at 1-800-273-TALK or 1-800-273-8255.

### **Oxford County Mental Health Services (OCMHS)**

Oxford County Mental Health offers crisis response and aftercare counseling, inpatient adult crisis stabilization center at the Jane Defrees Health Center, case management, medication management and outpatient counseling. OCMH also operates **Beacon House** in Rumford, a drop-in social club for adults experiencing mental, physical and emotional challenges.

### **Pine Tree Legal Assistance (PTLA)**

Pine Tree Legal Assistance provides free legal services to low-income individuals including information/assistance with laws regarding emancipation, landlord/tenant issues including eviction, housing, public benefits, family education, health care, taxes and employment. Pine Tree provides free individual representation in core services areas such as housing, health care, and income. Pine Tree also provides outreach and community education, works with entities that serve low income people, including social service providers, members of the private bar and the court system. They maintain an excellent website ([www.ptla.org](http://www.ptla.org)) that has court forms and a legal library with publications and educational materials on variety of topics. The legal library contains information on housing, family law, employment, education, consumer information, public benefits/cash assistance, health, individual rights/special groups, taxes and some court procedures. **Court forms are available at no charge** (if you get these directly from the court, you will be charged a fee for the most common types of family law cases (divorce and parental rights), protection from abuse, protection from harassment, small claims, name change and guardianship of a minor. Pine Tree can help with court procedures such as filing a protection order and can sometimes help with waiver of court fees.

### **Poison Control Center**

24 hour hotline provides immediate treatment advice for poison-related emergencies. Also provides information about poisons and poison prevention. Their toll free number is 1-800-222-122.

### **Progress Center**

The Progress Center today serves over 100 children, families and adults who experience disabilities. The work of the early families has been honored by dedicated staff and professionally delivered services.

Their mission is to promote independence and freedom of choice for the individuals they serve. Services include work supports by assisting people to obtain employment. For those employed, they offer short and long term supports by completing assessments, job development, and job coaching. They offer community supports and offer the ability to successfully engage in inclusive social and community relationships and to maintain and develop skills that support health and well-being.

The Progress Center's Community Supports program promotes community inclusion through volunteering and participation in community events and resources. They offer the following residential supports: group Living (three Group Homes for persons requiring support in daily living in a congregate setting (4 to 5 residents per home), shared living (contract with homeowners in local communities to provide homes for individuals who want to live in a family setting), home sup(support people to live in their own apartments or with family in their homes to provide daily living support) and children's in home Supports (they work with children with disabilities in their homes to provide daily living support). The Progress Center also offers Community Case Management for adults with disabilities and children's targeted case management services that help them to find the services and supports they need. For more information they can be reached at 743-8049 or at <http://progresscentermaine.org>.

### **R.E.A.C.H. (Rape Education and Crisis Hotline)**

Offers services individuals whose lives have been impacted by sexual violence. Services include a 24-hour helpline, support groups, lending library & community education. Volunteer advocates will accompany a survivor who chooses to seek medical attention, report to police, or go through the criminal justice system. All services are confidential and free of charge.

### **Responsible Pet Care**

Responsible Pet Care is a no-kill, non-profit feline shelter and adoption center located in Norway, Maine. They provide a safe and comfortable environment for cats and kittens that have been abandoned or surrendered by their owners.

### **River Valley Healthy Communities Coalition**

The River Valley Healthy Communities Coalition is a non-profit organization created by local community members working to make a positive difference in the health and well-being of communities in the River Valley region. Their mission is to achieve measurable improvement in the quality of life in the River Valley towns of Oxford County through coordinated, ongoing public health promotion. Initiatives include community-wide projects facilitated by the Healthy Communities aimed at addressing quality of life issues. They offer forums in which they sponsor events that bring people together to assess and strategize about our community's priority health issues through summits, retreats, focus groups and surveys. The Healthy Communities can assist through linking complementary projects together, providing technical assistance and offering vehicles for recognition and support. For more information contact them at 364-7408 or <http://www.rvhcc.org>.

### **Rotary Club**

Rotary is an organization of business and professional leaders united worldwide who provide humanitarian service, encourage high ethical standards in all vocations, and help build goodwill and peace in the world. In more than 160 countries worldwide, approximately 1.2 million Rotarians belong

to more than 30,000 Rotary clubs. Rotary club membership represents a cross-section of the community's business and professional men and women. The world's Rotary clubs meet weekly and are nonpolitical, nonreligious, and open to all cultures, races, and creeds.

The main objective of Rotary is service — in the community, in the workplace, and throughout the world. Rotarians develop community service projects that address many of today's most critical issues, such as children at risk, poverty and hunger, the environment, illiteracy, and violence. They also support programs for youth, educational opportunities and international exchanges for students, teachers, and other professionals, and vocational and career development. The Rotary motto is *Service Above Self*.

The Rumford Area Rotary meets weekly for fellowship, lunch, and an informative and interesting presentation from a guest speaker. In Oxford County, there are two Rotary Clubs. One meets weekly in the Rumford area and one meets weekly in South Paris. For more information visit <http://www.rumfordrotary.org/> or <http://www.clubrunner.ca/Portal/Home.aspx?cid=6642>.

### **Rumford Group Homes (RGH), Inc.**

Rumford Group Homes is a nationally accredited non-profit social service agency that offers a variety of programs serving homeless and neglected youth and their families throughout the state with an emphasis on the tri-county region of Oxford, Androscoggin and Franklin Counties. Services offered by Rumford Group Homes include; children's crisis stabilization unit, emergency shelter, case management (targeted, children's and community integration), transitional housing, transitional living and homeless youth outreach. Programs include the following:

- **Children's Case Management:** RGH offers targeted case management services to children and youth up to age 21 who have a mental health diagnosis and are in need of services and support to help stabilize them and allow them to remain safely in their home and community. The goal is to help children and families locate, access and coordinate services that enable them to remain in their community and achieve their potential. Children must be MaineCare eligible to receive services.
- **Community Integration Services:** Adults who have an Axis I Mental Health diagnosis and reside in the tri-county region of Androscoggin, Franklin and Oxford County are eligible for services. Individuals may receive CIS services to improve the quality of life and their sense of purpose. The program promotes successful living in the community, minimizes the need for hospitalization and supports their transition to independence. Individuals are provided with case management, advocacy, linkage to services, daily living support services and skill development services (if needed), crisis intervention and development of an individual support plan. Adults must be MaineCare eligible to receive services.
- **Homeless Youth Outreach (HYO):** This is the **only** homeless youth outreach program in Oxford County. The goal is to stabilize youth who are homeless or at risk of homelessness. The program helps to link youth with resources and provides community support services to youth including resource connection, referrals, access to personal and housing needs, education, family mediation and emergency supplies.
- **Housing Programs:** Rumford Group Homes offers a variety of permanent and transitional housing programs for homeless youth and young families. This includes Pinewoods Supported Housing Project in Norway, Franklin Street Transitional Housing Program in Rumford, Washington Street Transitional Housing Program in Rumford and the Strafford Avenue Transitional Housing Program in Rumford.

- **Norway Family Center:** Located in Norway, this is a 12 bed emergency shelter for homeless women and children. It can serve 3-4 families at a time and is open 365 days per year.
- **Rumford Family Center:** Located in Rumford, this is a 12 bed emergency shelter for homeless families. It is open 365 days per year and can serve 3-4 families at a time.
- **South Paris Men's Shelter:** This shelter can serve 2 single homeless men with an average length of stay of 30-45 days depending upon each person's unique situation.
- **Transitional Living Program (TLP):** The TLP Program provides scattered site housing throughout Oxford County to ten (10) homeless youth up to age 21 to help them successfully transition to independent, self sufficient young adulthood. Youth are expected to continue their education and participate fully in the program including developing critical life skills development, attending groups and participating in community service. Youth can stay in the program for 18 months and are provided with financial assistance including a stipend for living expenses.
- **Turner Family Support Center:** this is a children's crisis stabilization unit located in Leeds and serving youth across the state of Maine with an emphasis on Androscoggin, Franklin and Oxford Counties. The program provides an alternative to a psychiatric hospitalization for youth ages 5-17 who are experiencing a mental health crisis and cannot safely remain in their home during the episode. The length of stay is 7-10 days and the program provides support and services to the entire family.

### **Safelink Wireless**

Safelink Wireless is a national program that provides a free cell phone and air time for income-eligible customers. Free monthly minutes are provided for calling, texting, national long distance, 411 directory assistance, voice mail, caller id, call waiting plus free 911 calling. Safelink Wireless is a U.S. government supported program for income-eligible households provided by TracFone Wireless Inc. Participants receive a telephone free of charge and are given a certain amount of minutes on a monthly basis. In order to participate in the program, people must meet certain eligibility requirements set by each state where the service is provided. These requirements are based on a person's participation in state or Federal support programs or by meeting the income poverty guidelines as defined by the government.

### **Safe Voices, formerly AWAP**

Safe Voices offers a variety of services to victims of domestic violence and their children, including a 24-hour helpline, emergency shelter for women and children, safe transitional housing, support groups, information/referrals to community resources, court advocacy & community education.

### **Seniors Plus**

Seniors Plus believes in maintaining the independence, dignity and quality of life of older adults. Seniors Plus helps adults make informed choices about aging well and living independently and safely at home. Their variety of services is provided by two divisions, Seniors Plus Area Agency on Aging and Elder Independence of Maine. They provide seniors with resource and referral information, assistance with applications and health insurance counseling. They offer a variety of services that provide seniors help with meals such as Meals on Wheels, community dining sites and delivered meals while recovering from an illness. Caregivers can benefit from information, referrals and respite services. They also help seniors protect their rights by learning about available legal and protective services and resources Enrich your life with activities at senior community dining sites or with senior groups.

## Shelters

Emergency shelters provide housing and food for a time limited duration. Shelter staff will assist guests in locating safe and affordable housing and establishing an income base. For a state-wide listing of shelters, see the appendices.

## Social Security Administration

The Social Security Administration offers a large number of services. This is where you can apply for a Social Security Card, Medicare retirement or disability benefits, and other benefits. These include: retirement, survivor benefits, disability benefits, child and parent benefits, and supplemental security income for a child, adult with a disability or adult age 65 and over.

The Social Security and Supplemental Security Income disability programs (SSI and SSDI) are the largest of several Federal programs that provide assistance to people with disabilities. While these two programs are different in many ways, both are administered by the Social Security Administration and only individuals who have a disability and meet medical criteria may qualify for benefits under either program.

- Social Security Disability Insurance pays benefits to you and certain members of your family if you are "insured," meaning that you worked long enough and paid Social Security taxes.
- Supplemental Security Income pays benefits based on financial need. It is designed to help aged, blind, and disabled people, who have little or no income; and it provides cash to meet basic needs for food, clothing, and shelter.

When you apply for either program, they will collect medical and other information from you and make a decision about whether or not you meet Social Security's definition of disability. The nearest Social Security Office is located at 600 Turner Street Ste. #5 in Auburn but there is video service available at the Rumford Public Library located at 56 Rumford Ave. You can speak to a live Social Security representative from this location. Hours are on Tuesdays from 9:00 am -1:00 pm for walk-ins only and Mondays at 9:15 am and 11:15 am. For video service questions call 1-866-627-6996. For more information, visit their website at <https://www.socialsecurity.gov/>.

## THRIVE Initiative

THRIVE offers providers and community organizations trauma-informed trainings and technical assistance that support the transformation of service delivery to children, families of children, and to youth who are affected by serious emotional and behavioral challenges. All trainings and technical assistance are family driven, youth guided and culturally and linguistically competent. THRIVE helps providers and community organizations transform the way services are delivered to children and families. THRIVE trauma-informed trainings and technical assistance are based on these systems of care core values and guiding principles: family driven, youth guided and culturally and linguistically competent.

THRIVE offers providers: Training and technical assistance for improving trauma-informed service delivery that is family-driven, youth-guided and culturally and linguistically competent. THRIVE recommends **Youth MOVE Maine** for youth to gain support from other youth who know what it's like, assistance in learning about available mental health choices, empowerment and support to find their



voice and a chance to improve the system for themselves and other youth. For more information, visit their website at <http://thriveinitiative.org/>.

### **Tri-County Mental Health Services (TCMHS)**

TCMHS has been serving Maine people for more than 55 years. Their mission is to provide the people of Maine with excellence in mental health, substance abuse, rehabilitation and life skills services, to respect consumer rights & personal dignity, and to maintain agency financial stability. The agency is one of the largest in Maine, and serves a large and varied geographic area encompassing Androscoggin, Franklin, Oxford and parts of Cumberland Counties. Tri-County Mental Health offers programs for people with developmental disabilities, for people struggling with addiction, treatment and support for mental illness, for children and adults coping with the trauma of abuse and violence, crisis intervention for people in acute need and housing and community support and integration for people whose recovery requires more support and time.

### **Unemployment Benefits: (Unemployment Claims Center)**

You can apply for unemployment online, by telephone, or by mail. Your best option for filing an unemployment claim is to file online. If you are temporarily laid-off, your employer may provide you with a partial claim form if they expect to rehire you within a short period of time. Filing by phone may be difficult during periods of high call volumes, you may have a long wait time on the phone or get a message to call back later in the day. Wait times are typically shorter on Wednesdays and Thursdays and in the afternoon. For more information about how to file a claim, go to the state of Maine website at <http://www.maine.gov/labor/unemployment/benefits.html>.

### **United Way of Oxford County**

United Way Worldwide is the leadership and support organization for the network of nearly 1,800 community-based United Ways in 45 countries and territories. They advance the common good by focusing on improving education, helping people achieve financial stability, and promoting healthy lives, and by mobilizing millions of people to give, advocate, and volunteer to improve the conditions in which they live. In 2008, United Way initiated a 10-year program designed to achieve the following goals by 2018: Improve education, and cut the number of high school dropouts — 1.2 million students, every year — in half, help people achieve financial stability, and get 1.9 million working families — half the number of lower-income families who are financially unstable — on the road to economic independence and promote healthy lives, and increase by one-third the number of youth and adults who are healthy and avoid risky behaviors. The United Way of Oxford County is located in South Paris and can be reached at 743-5833. They have over 20 partner social service organizations that they provide support to through an annual fundraising campaign. For more information visit their website at <http://www.uwoxfordcounty.org/>.

### **University College**

As the University of Maine System's distance education organization, University College offers access to courses and programs from the seven universities at more than 40 locations and online. For more information visit their website at <http://learn.maine.edu/>. **University College offers access** to quality public higher education statewide. Courses are offered on-site, via interactive television (ITV), or online

at nine University College Centers. You also can participate in ITV and online courses at [course sites](#) throughout Maine.

### **Veterans' Administration Medical Center**

Veterans of the United States armed forces may be eligible for a broad range of programs and services provided by the VA. Eligibility for most VA benefits is based upon discharge from active military service under other than dishonorable conditions, and certain benefits require service during wartime. If you are new to the VA, the Federal Benefits for Veterans, Dependents and Survivors booklet will help you get started. You can get this booklet by going to their website at [http://www.va.gov/opa/publications/benefits\\_book.asp](http://www.va.gov/opa/publications/benefits_book.asp). Other Veterans' services include:

- **Health Care:** VA's health care offers a variety of services, information, and benefits. As the nation's largest integrated health care system, VA operates more than 1,400 sites of care, including hospitals, community clinics, community living centers, domiciliaries, readjustment counseling centers, and various other facilities.
- **Benefits & Services:** VA administers a variety of benefits and services that provide financial and other forms of assistance to Veterans, their dependents, and survivors. Major benefits include Veterans' compensation, Veterans' pension, survivors' benefits, rehabilitation and employment assistance, education assistance, home loan guaranties, and life insurance coverage.
- **Burial and Memorials:** Burial and memorial benefits are available for eligible service members, Veterans, reservists, National Guard members, and eligible family members. Service include interment, headstones and markers, and Presidential memorial certificates. VA operates 128 national cemeteries in the United States and Puerto Rico, together with oversight and management of 33 soldiers' lots, confederate cemeteries, and monument sites.

The **Togus VAMC** is a 67-operating bed facility with general medical, surgical, intermediate and mental health beds, as well as a 100-bed Nursing Home consisting of 50 Skilled and Longer Stay beds, and a 50-bed Dementia Unit. The oldest veterans' facility in the country, having opened in the fall of 1866, Togus is located five miles east of Augusta, the state capital. Togus campus encompasses 500+ acres of buildings and natural woodlands serving as natural habitats for Maine's wildlife. Furthermore, the National Cemetery is located on the Togus campus. In addition, the VA operates community based outpatient clinics (CBOC) throughout Maine.

In Oxford County, one of these clinics is located in Rumford. The Rumford VA Clinic opened into a fixed site location in November 1998 and relocated to its current location in April 2005. The veteran patient population has nearly tripled since the initial opening and continues to grow. Rumford CBOC has a full complement of VA staff providing physical, mental health and administrative services.

Services provided include primary care and preventive health services, mental health services, health promotion/disease prevention, medical benefits counseling, laboratory services, and home-based primary care. They are located at 431 Franklin Street in Rumford and can be reached at 1-877-421-8263 ext. 3200 or 369-3200 or for more information, visit their website at [http://www.togus.va.gov/visitors/togopc\\_rumford.asp](http://www.togus.va.gov/visitors/togopc_rumford.asp).

## Volunteer Lawyers Project

The Maine Volunteer Lawyers Project is a non-profit legal aid organization that provides free legal information, assistance and representation to low-income people with civil legal problems. VLP provides a range of services to eligible clients. All VLP services are provided by trained volunteers and volunteer attorneys, supported by VLP staff. They can provide help in three ways:

- **Legal Hotline:** When you contact VLP, a trained volunteer will conduct an intake interview over the telephone with you to gather important information about your legal problem and determine if you are eligible for VLP services. During this call, the VLP volunteer will consult with a staff supervisor to decide the best way to assist you. If you are eligible for services, the volunteer will give you information over the phone and may also send you written materials about your legal problem. We may refer you to other agencies in your community that can provide help. We will also determine if your case meets VLP priorities for the Family Law Helpline or for referral to a pro bono (volunteer) lawyer.
- **Family Law Helpline:** VLP clients with family law problems (divorce, child custody, child support, etc.) may receive legal advice and assistance with their case from a volunteer lawyer or law student over the telephone. Phone appointments are scheduled on either Wednesday evenings from 5:30-8:00 or Friday afternoons from 1:00-4:00. You will be representing yourself in your case but your Helpline attorney can assist you in understanding and planning for upcoming court appointments, filing out court forms and making decisions about your case. You may have more than one Helpline appointment to help you at different stages of your case.
- **Courthouse Assistance Projects (CHAPs):** Attorney volunteers provide help with family law matters at the District Courts in Portland, Biddeford and Lewiston. You can show up at the designated times for a brief conference with a lawyer.
- **Referral to a Pro Bono Lawyer:** VLP refers approximately one tenth of our cases to volunteer attorneys who provide free legal representation. Representation may be for one aspect of your case or it may be for the entire case. Because we do not have enough volunteer lawyers for everyone, we choose cases for referral based on a series of case referral priorities and lawyer availability in your geographic area. VLP staff will make the decision whether to look for a volunteer lawyer for your case as part of your intake interview. **Acceptance of your case for referral does not guarantee we will find a lawyer willing to take it.** While your lawyer will provide his or her services for free, you will be responsible for court costs in your case. It is very important that you make an effort to work cooperatively with your pro bono attorney. If you are not able to work cooperatively with your VLP lawyer, VLP will not find you a different lawyer and your lawyer can decide to stop representing you. For more information visit their website at <http://www.vlp.org/>.

## Western Maine Community Action (WMCA)

Western Maine Community Action (WMCA) is a social service agency that has been providing services for over 45 years to people living in the western mountain region of Maine. The organization is dedicated to the principle that poverty should not be a permanent condition of people's lives. WMCA is able to respond quickly and effectively to the variety of needs of the disadvantaged. **The majority of our services are designed to assist low to moderate-income people in Franklin, Androscoggin and Oxford counties.** We offer numerous programs and services that include: nutrition, health, home ownership, heating and energy assistance, education and training, and employment and volunteerism. Services specific to the Oxford County region include the following:

- **Family Planning:** WMCA Health Services provides free and discounted confidential health, family planning and reproductive health services for women and men, teens and adults. Our Nurse Practitioners and Reproductive Health Specialists are the experts in helping clients achieve their family planning and health care goals. Anyone is welcome to visit WMCA's Family Planning or STD Clinics. Discounts are available for income eligible households and most major insurances, including MaineCare, are accepted. Our services include: routine physicals including breast & pelvic exams and pap smears, birth control counseling & supplies, emergency contraception, treatment of common gynecological problems, pregnancy testing & options counseling, pre-pregnancy counseling, prenatal counseling, education, & referral services, colposcopy & cryotherapy for evaluation and treatment of abnormal pap smears, midlife/menopause consultation and treatment, FREE pap smears & breast exams (if income eligible) through the Maine Breast and Cervical Health Program and testing, diagnosis and treatment of STI's (sexually transmitted infections).
- **Employment and Training Services through Career Centers:** Western Maine Community Action, in cooperation with the Maine Department of Labor, has created Career Center, a statewide network of professionally staffed offices to bring employers and job seekers together. The Career Center offers a variety of free career services including job search/referrals, resume assistance, workshops, skills assessments, and resources to help you meet your training and employment goals such as child care, transportation, and use of internet, photocopier, computers and fax machine.
- **WIC (Women, Infants and Children) Program:** WIC is a nutrition program for thousands of Maine families, helping Maine kids to grow up strong and healthy. WIC food benefits are available based on income guidelines and up-to-date nutrition research. This state of Maine WIC website is [www.maine.gov/dhhs/wic](http://www.maine.gov/dhhs/wic). and it seeks to serve all Maine families with free nutrition advice, tips for staying healthy, and resources for growing families. WIC is open to anyone living in Maine, including migrants working in Maine. Applicants can be any of the following:
  - Women who are pregnant, breastfeeding or had a baby in the last six months.
  - Infants and children up to the age of five, including adopted and foster children.
  - Fathers may apply for their children.

In Oxford County, WIC is administered through the Auburn office of Western Maine Community Action with services available in Buckfield, Bethel, Fryeburg, Mechanic Falls, Norway, Rumford and Strong. The direct phone number is 795-4016 or 1-877-512-8856.

### **Western Maine Transportation Services**

If you live in Lewiston, Auburn, Lisbon, Lisbon Falls, Sabattus, Norway, South Paris, Rumford, Farmington, Wilton, Jay, Livermore Falls and Livermore, Western Maine Transportation Services has regular wheelchair-lift equipped paratransit bus and assistive seat-equipped minivan service that can get you to medical appointments, shopping, personal services and daytime social activities. Seats may be limited on certain days and Maine DHHS and MaineCare riders are given preference. If you are covered by MaineCare and are going to a MaineCare-covered appointment, there is no fare charged to you. In some areas, scheduled shoppers' trips to South Portland or Topsham/Brunswick are available at the 50+ Mile rate. Please ask when you call. They ask that you call at least 24 hours in advance (before 4 PM) to schedule a ride.

## Women, Work and Community

Women, Work and Community is committed to improving the economic lives of Maine women and their families. They meet women “where they are” and provide them with support, guidance, and the tools they need to take the next steps toward a more promising future. They have been providing individual support and training to residents of the South Paris, Norway, Rumford, Oxford and surrounding areas for over 20 years. The office is located in the Western Maine University & Community College Center at 232 Maine Street in South Paris, ME 04281 and their phone number is 753-6622. They provide training, advocacy and assistance in four program areas:

- **Building your Career:** Includes individual assistance and classes in exploring and choosing a career, finding and keeping a quality job, returning to school and gaining new skills. Learn how to succeed in the workplace.
- **Starting a Business:** Includes individual assistance and classes in exploring self-employment, getting a business off the ground, writing a business plan, sustaining business success, and networking with peers for fun and profit.
- **Managing your Money:** Includes individual assistance and classes in managing your money, saving for the future, building assets and planning for greater financial security.
- **Becoming a Leader:** Includes individual assistance and classes in exploring your community, using your voice and influencing others, developing leadership skills, turning ideals into action. Learn how to contribute your ideas, talents and time to building stronger communities.

# Appendices

1. Faith Based Organizations
2. Food Pantry Listing
3. General Assistance Locations/Towns
4. Healthy Oxford Hills Community Events Calendar
5. Healthy Oxford Hills “Ways to Community:  
Belonging in Oxford Hills”
6. Interpreter Service Information
7. Shelter Listing from MaineHousing (statewide  
listing)
8. Maine Domestic Violence Programs

## Faith Based Organizations in Northern Oxford County

Church Name and Address	Contact Person and Phone Numbers	Hours Available
Apostolic Church of Rumford 135 South Rumford Road Rumford, ME 04276	Pastor David Willhoite (207)364-7747 <a href="mailto:willhoitesince88@hotmail.com">willhoitesince88@hotmail.com</a>	Worship and Sunday School Sunday @ 10:00am
Church of Jesus Christ of Latter Day Saints 265 Main St. Mexico, ME 04257	(207) 364-5881	
Faith Baptist Church 574 Auburn Rd. Peru, ME 04290	(207) 562-8558	
First Baptist Church 20 Roxbury Rd. Mexico, ME 04257	Reverend Robert Peters (207) 364-8712	
Mexico Congregational Church 162 Main St. Mexico, ME 04257	Reverend Virginia Snapp-Cunningham (207) 364-8603 <a href="mailto:snappy2@verizon.net">snappy2@verizon.net</a>	Worship and Sunday School Sunday @ 10:00am
Praise Assembly Church of God 89 Congress St. P.O. Box 269 Rumford, ME 04276	Pastor Justin Thacker (207) 364-3856 <a href="mailto:jmthacker2003@yahoo.com">jmthacker2003@yahoo.com</a>	Morning Worship Sunday @ 10:00am Evening Worship Sunday @ 6:00pm
Holy Savior Parish 126 Maine Ave. Rumford, ME 04276	Father Phil Tracy (207) 364-4556	Weekend Mass Saturday @ 4:00pm and Sunday at 9:30am Confession before Mass or by Appt.
Seventh Day Adventist Church 1 Blayne St. Dixfield, ME 04224	Pastor Steven Brownell (207) 562-8262 <a href="mailto:ritmenow@hotmail.com">ritmenow@hotmail.com</a>	Worship Sunday @ 11:00am
Common Road Baptist Church 2 Chapel Road Dixfield, Me 04224	Reverend Ken Hinkley (207) 562-7470	Worship Sunday @ 11:00am
United Baptist Church of Peru 98 Main St. Peru, ME 04290	Pastor Shep Swain (207) 562-7167	Worship Sunday @ 10:30am
United Methodist Church 455 Linnell St. Rumford, Me 04276	Pastor Carol Stevens (207) 364-3421 <a href="mailto:rumford_umc@yahoo.com">rumford_umc@yahoo.com</a>	Worship Sunday @ 11:00am

## Faith Based Organizations in Southern Oxford County

Church Name and Address	Contact Person and Phone Numbers	Hours Available
<b>Blessed Teresa of Calcutta Parish:</b> St. Catherine of Sienna Church 32 Paris St. Norway, Me 04268  Our Lady of Ransom Church 117 Elm St. Mechanic Falls, ME 04256  St. Mary's Church (Mission Church) 276 King St. Oxford, ME 04270	<b>Blessed Teresa of Calcutta Parish Office:</b> 32 Paris St. Norway, ME 04268  Reverend Richard C. McLaughlin (207) 743-2606	Worship Sunday @ 8:30am, Tuesday @ 7:30am, Thursday @ 7:30am and Saturday @ 4:00pm  Worship Sunday @ 10:30am and Wednesday @ 8:00am
Christ Episcopal Church 35 Paris St. Norway, ME 04268	Reverend Anne G. Stanley (207) 743-6782 <a href="mailto:christch@megalink.net">christch@megalink.net</a>	Worship Sunday @ 8:00am and 10:00am
Deering Memorial United Methodist Church 39 Main St. P.O. Box 356 South Paris, ME 04281	Pastor Gayle Holden (207) 743-9792	
East Otisfield Free Baptist Church 161 Rayville Rd. Otisfield, Me 04270	Reverend Genise Knowlton (207) 539-2241	
First Congregational Church 17 East Main St. South Paris, ME 04281	Reverend Donald Mayberry (207) 743-2347 <a href="mailto:Dmayberry1@gmail.com">Dmayberry1@gmail.com</a> .	Worship and Sunday school Sunday @ 10:00am
First Universalist Church of Norway 479 Main St. Norway, Me 04268	Reverend Richard Beal (207) 743-2828 <a href="mailto:norwayuu@gwi.net">norwayuu@gwi.net</a>	
Moss Brook Community Church 41 Western Ave. South Paris, ME 04281	Pastor Mike Booker Pastor Tim Knowles Resource Director: Donald Winckler (207) 739-2528	Worship Sunday @ 10:00am @ Oxford Hills High School in Auditorium



Church Name and Address	Contact Person and Phone Numbers	Hours Available
Oxford Hills Area Clergy Association 12 East Main St. South Paris, ME 04281	Reverend Ann G. Stanley (207) 743-6782 Reverend Donald Mayberry (207) 743-2347	*Offers food, heating oil, rental and other emergency assistance to residents of Norway, S. Paris, Oxford, W. Paris and other area towns on an "as needed" basis.
Second Congregational Church 201 Main St. P.O. Box 164 Norway, ME 04268	Reverend Leslie B. Foley (207) 743-2290 <a href="mailto:seconch@megalink.net">seconch@megalink.net</a>	Worship and Sunday School Sunday @ 10:00am
South Paris Baptist Church 1 Park St. P.O. Box 282 South Paris, ME 04281	Pastor Kevin Smart (207) 743-6405	Worship Sunday @ 9:45am Sunday School Sunday @ 9:30am
West Paris Universalist Church	(207) 674-2365 Reverend Richard Beal	

## Food Pantries and Soup Kitchens in Oxford County

Food Pantry	Contact Person and Phone Numbers	Hours Available	Covered Area
<b>Andover Food Pantry</b> First Congregational Church, Rte. 120, Andover, ME 04216	David Bean 824-0369 Email: lindacouture@yahoo.com	Days and Hours: Tuesday 9-11 AM	Andover
<b>Bethel District Exchange</b> 19 Phibrook Street Bethel, ME 04217	David Bean 824-0369  dave.bean@gouldacademy.net	On Demand	
<b>Brownfield Food Pantry</b> 701 Pequaket Trail Brownfield, ME 04010	Marion Mitchell 935-2333	Location: Days and Hours: 3rd Thursday Noon to 5 p.m.	Albany, Denmark, Hiram, Lovell, Stoneham, Stow and Sweden
<b>Buckfield Food Pantry</b> Location: Rt 117 (Turner Street), Buckfield Community Church, Buckfield, ME 04220	Contact: Eleanor Austin 336-2145	Days and Hours: 2nd Wednesday Noon to 1 p.m.	
<b>Canton Food Pantry</b> Location: Canton Fire Station, Canton, ME 04221	Contact: Jackie Conant 597-2694	Days and Hours: Call As Needed	
<b>Dixfield Food Pantry</b> Location: 434 Common Road, Dixfield, ME 04224	Contact: Linda Hinckley 562-7470 Please bring proof of income, list of household expenses, dates of birth, SHH for all members of household. 30 Day minimum required in between visits.	Days and Hours: Monday & Thursday 9 to Noon	
<b>Fryeburg:</b> Dinner Bell North Location: Route #5 Main Street, Fryeburg, ME 04037	Contact: Bebe Toor 935-2068	Days and Hours: Wednesday 2 to 7 p.m.	
<b>Fryeburg:</b> Fryeburg Assembly of God Food Pantry Location: 8 Drift Road, Fryeburg, ME 04037	Contact: Doris Fritz 935-3129	Days and Hours: Wednesday, Thursday and Friday 9 a.m. to Noon on Wednesday, 9 am to 3 pm on Thursday & Friday	
<b>Hartford Food Bank</b> Location: Hartford Community Church, Church Street, Hartford, ME 04221	Contact: Marjorie Kraske 597-2890	Days and Hours: Closest Saturday To The 15th Of The Month 9 to 10:30 am	
<b>Mexico</b> Gramps Community Luncheon Location: Main Street (Under Town Office), Mexico, ME 04257	Contact: Cleon Merrill 562-4927	Days and Hours: Wednesday Noon to 1 p.m.	

<b>Food Pantry</b>	<b>Contact Person and Phone Numbers</b>	<b>Hours Available</b>	<b>Covered Area</b>
<b>Mexico</b> GRAMPA Food Pantry Location: 163 Main Street, Mexico, ME 04257	Contact: Susan Byam 364-8603 Please bring proof of income, list of household expenses, date of birth, SSN. Minimum of 30 days between visits.	Days and Hours: Monday, Wednesday & Friday 2 to 3:30 pm on Monday, 6 to 7:30 pm on Wednesday & 9 to 11 am on Friday	Closed on bank and post office holidays and during winter storm closings.
<b>Norway</b> Norway Community Lunch Location: First Universalist Church 479 Main Street, Norway, ME 04268  The Progress Center services at First Universalist Church at 479 Main St. Norway, ME 04268	Contact: Leland Millett 743-2565  Call the Progress Center for more information at 743-8049.	Days and Hours: Wednesday 11:30 a.m.to 12:30 p.m. This is a free meal, not a food pantry.  Every other Thursday at 5:30 at the First Universalist Church or Second Congregational Church.	
<b>Norway</b> Oxford Hills Food Pantry Location: 16 Green Street, Christ Episcopal Church, Norway, ME 04268	Contact: Elizabeth Rice 739-2866	Days and Hours: Monday, Wednesday & Friday 9 to 11 a.m.	
<b>East Otisfield Free Baptist Church</b> 161 Rayfield Road Otisfield, ME 04270	Rev. Genise Knowlton 539-2241	4 <sup>th</sup> Friday of every month from 1:00-5:00 pm	
<b>Oxford Helping Hands Food Pantry</b> 85 Pleasant St. Oxford, ME 04270	Suzanne Grover or the Town Office at 539-4431	Tuesday 12:00 pm-4:00 pm and Thursday 1:00 pm-5:00 pm on the 3 <sup>rd</sup> floor of the town hall. Anyone interested in receiving help must bring a slip from the town, church or non-profit confirming they are receiving assistance or are having financial trouble.	Oxford, Hebron and Otisfield
<b>Rumford Group Homes, Inc.</b> 346 Pine St. Rumford, 04276 or; 25 Deering St. Norway, ME 04268	In Rumford call 369-9439 or in Norway call 743-6363.	Days and Hours: Call As Needed	Homeless or those at risk of homelessness
<b>Rumford</b> Strathglass Family Shelter Location: 32 Erchles Street, Rumford, ME 04276	Contact: Margaret McNeal 364-3824	Days and Hours: Call As Needed	
<b>Rumford</b> Holy Savior Food Pantry Location: 126 Main Street Avenue, at Church, Rumford, ME 04276	Contact: church	Days and Hours: Tuesday and Friday Noon to 3 pm	

<b>Food Pantry</b>	<b>Contact Person and Phone Numbers</b>	<b>Hours Available</b>	<b>Covered Area</b>
<b>South Woodstock</b> Woodstock Community Service Location: Thurlow Hall, Perkins Valley Road, South Woodstock, ME 04219	Contact: Maude-Alice Hadley 674-2566	Days and Hours: Call As Needed	
<b>Sumner</b> Congregational Church of East Sumner Location: 50 Main Street, Congregational Church, Sumner, ME 04292	Contact: Vernon Bradeen 388-2335	Days and Hours: Call As Needed	
<b>Sweden</b> Sowing Seeds for Life-mail: vbrown@sowingseedsforlife.org Location: 1134 Knights Hill Road, Sweden, ME 04070	Contact: Chrystal Libby 935-1193 or 743-4418 (cell)	Days and Hours: 1st and 3rd Wednesdays each month 11:00 am to 1:00 pm	
<b>Woodstock</b> Woodstock Seventh Day Adventist Location: 109 Koskela Road, Bryant Pond, ME 04219  Woodstock Food Pantry Thurlow Hall, 23 Perkins Valley Road	Contact: Maude-Alice Hadley 674-2566	Days and Hours: 3rd Tuesdays each month 3:00 pm to 5:00 pm	On demand for emergencies. All Oxford County residents welcomed Woodstock Food Pantry serves Woodstock, Sumner, West Paris, Woodstock, Greenwood, Bryant Pond and Lockmills.

## General Assistance

Each town has a General Assistance Program to help people in emergencies. You may be eligible even if you work or receive other benefits such as: food stamps, Veterans' benefits, or Social Security income. To request General Assistance, contact your town office. Your application must be accepted for review. You may be turned down for help if you do not meet the guidelines for the program. The application is private and confidential. If you have problems concerning General Assistance, contact:

Office of Integrated Access and Support  
 Department of Health and Human Services: 207-287-2826  
 Toll Free: 1-800-442-6003  
 Local/Out-of-State TTY: 1-800-606-0215

### General Assistance (GA) Offices in Oxford County

<b>Town Address &amp; Phone</b>	<b>Hours</b>	<b>GA Contact Person &amp; Phone or E-mail</b>
<b>Andover Town Office</b> 17 Stillman Road, P.O. Box 219 Andover, ME 04216 Tel: 207-392-3302 Fax: 207-392-1205	Hours: Mon, Tue, & Thur 8:00 am-1:00pm Wednesday 1:00pm - 6:00pm	Town Clerk: Email: <a href="mailto:andover@megalink.net">andover@megalink.net</a>
<b>Brownfield Town Office</b> 82 Main Street, P.O. Box 100 Brownfield, ME 04010 Tel: 207-935-2007 Fax: 207-935-7702	Hours: Tues - Fri 7:00 am-4:30pm First and Last Saturday 8:00am-11:00am	Town Clerk: Wanda Bartlett GA Contact: Julie Watkins Tel: (207) 935-3743 Email: <a href="mailto:town@pivot.net">town@pivot.net</a>
<b>Buckfield Town Office</b> 34 Turner Street, PO Box 179 Buckfield, ME 04220 Tel: 207-336-2521 Fax: 207-336-3733	Hours: Tues: 9:00am – 8:00pm Wed - Fri 9:00 am-5:00pm	Town Clerk: Cynthia M Dunn Email: <a href="mailto:bucktc@megalink.net">bucktc@megalink.net</a>
<b>Byron Town Office</b> 1 Byron Village Rd. Box 407 Byron, Me 04275 Tel: 207-364-3194 Fax: 207-364-2145	Hours: Tues. 5-8pm Thursday 8am-1pm	
<b>Canton Town Office</b> 9 Staples Hill Rd, PO Box 669 Canton, ME 04221 Tel: 207-597-2920 Fax: 207-597-2940	Hours: Mon, Wed, Thurs. 9:00am – 5:00pm Saturday 8:00am – 12:00noon	Town Clerk: Kathleen Hutchins Email: <a href="mailto:cantonto@roadrunner.com">cantonto@roadrunner.com</a>
<b>Denmark Town Office</b> Rt. 117, PO Box 109 Denmark, ME 04022 Tel: (207) 452-2163 Fax: (207) 452-2333	Hours: Tues. – Fri. 9:00am – 4:30pm Second and Last Sat. 9:00am – 4:30pm	Town Clerk: Cherylene E Booker Email: <a href="mailto:cbooker@denmarkmaine.org">cbooker@denmarkmaine.org</a>

<b>Town Address &amp; Phone</b>	<b>Hours</b>	<b>GA Contact Person &amp; Phone or E-mail</b>
<b>Dixfield Town Office</b> 46 Main Street Dixfield, ME 04224 Tel: (207) 562-8151 Fax: (207) 562-4311	Hours: Mon. – Fri. 8:00am – 4:00 pm	Town Clerk: Vickie Carrier Email: <a href="mailto:townclk@dixfield.org">townclk@dixfield.org</a>
<b>Fryeburg Town Office</b> 16 Lovewell Pond Road Fryeburg, ME 04037 Tel: (207) 935-2805 Fax: (207) 935-6008	Hours: Mon – Wed 8:00am – 4:00pm Thur. 12:00pm – 6:30pm & Fri. 8:00am – 12:00pm In case of an emergency, applicants may contact the Fryeburg Police Department at 935-3323.	Town Clerk: Theresa Shaw Email: <a href="mailto:terishaw@roadrunner.com">terishaw@roadrunner.com</a> GA Contact: Kelley Lavoie Tel. (207) 935-2805
<b>Gilead: Town Office</b> RR2, Box 1310 Bethel, ME 04217 Tel: (207) 836-2115	Hours: Tues. 5:00pm – 7:00pm	Town Clerk: Linsley Chapman
<b>Greenwood Town Office</b> 9 Bird Hill Road Greenwood, ME 04255 Tel: (207) 875-2773 Fax: (207) 875-2420	Hours: Mon. – Wed. & Fri. 8:00am – 4:00pm	Town Clerk:
<b>Hanover Town Office</b> 21 Ferry Road, PO Box 70 Hanover, ME 04237 Tel: (207) 364-8200 Fax: (207) 364-8222	Hours: Mon. 5:00pm – 6:30pm Tues. 8:00am – 12:00 PM Wed. 2:00pm – 5:00pm Thur. 5:00pm – 8:00pm & Fri. 8:00am – 4:00pm	Town Clerk: Clem Worcester Email: <a href="mailto:Clerk21hanover@roadrunner.com">Clerk21hanover@roadrunner.com</a>
<b>Hartford Town Office</b> 1196 Main Street Hartford, ME 04221 Tel: (207) 388-2674 Fax: (207) 388-2388	Hours: Mon. 9:00am – 5:00pm Wed. 10:00am – 7:00pm Thur. 10:00am – 5:00pm Sat. 9:00am-12:00pm	Town Clerk: Lianne Bedard Email: <a href="mailto:hartford@megalink.net">hartford@megalink.net</a> GA Contact: Lee Holman Tel. (207) 388-2510
<b>Hebron Town Office</b> 351 Paris Road, Box 304 Hebron, ME 04238 Tel: (207) 966-3284 Fax: (207) 966-2528	Hours:	Town Clerk: Joan E. Clough
<b>Hiram Town Office</b> 25 Allard Circle Hiram, ME 04041 Tel: (207) 625-4663 Fax: (207) 625-7635	Hours: Wed. & Thur. 9:00am – 3:00pm Thur. Eve. 7:00pm – 9:00pm Fri. 9:00am – 12:00pm	Town Clerk: Marylou F. Stacey Email: <a href="mailto:hiramclerk@adelphia.net">hiramclerk@adelphia.net</a>

Town Address & Phone	Hours	GA Contact Person & Phone or E-mail
<b>Lovell Town office</b> 1069 Main Street, PO Box 236 Lovell, ME 04217 Tel: (207) 925-6272 Fax: (207) 925-1710	Hours: Mon. – Fri. 9:00am – 4pm Sat. 9:00am – 11:00am	Town Clerk: Sherry Bois Email: <a href="mailto:tol@fairpoint.net">tol@fairpoint.net</a>
<b>Mexico Town Office</b> 134 Main Street PO Box 251 Mexico, ME 04257 Tel: (207) 364-7971 Fax: (207) 364-5685	Hours: Tues. 8:00am – 4:00pm. Location: Rumford Town Hall Hours: Mon. – Fri. 10:00am – 12:00 pm, 2:00pm – 4:00 pm	Town Clerk: Penny Duguay Email: <a href="mailto:townclerk@mexicomaine.net">townclerk@mexicomaine.net</a> GA Contact: Thelma Giberson at 364-4576
<b>Newry Town Office</b> 422 Bear River Road Newry, ME 04261 Tel: (207) 824-3123 Fax: (207) 824-3688	Hours: Mon. – Thur. 7:00am – 5:00pm	Town Clerk: Anita Clark GA Contact: Anita Clark Hours: Wed. 2:00pm Tel. (207) 824-3123
<b>Norway Town Office</b> 19 Danforth Street Norway, ME 04268 Tel: (207) 743-6651 Fax: (207) 743-5307	Hours: Mon. – Fri. 8:00am – 5:00pm	Town Clerk: Shirley H. Boyce Email: <a href="mailto:sboyce@megalink.net">sboyce@megalink.net</a> GA Contact: Betty McLaughlin Hours: Tues. & Thurs. 3:00pm – 4:30pm Tel. 743-6651 x 306
<b>Otisfield Town Office</b> 403 State Route 121 Otisfield, ME 04270 Tel: (207) 539-2664 / 539-9101 Fax: (207) 539-2246	Hours: Mon., Thur., Fri. 9:00am – 12:00pm & 1:00pm – 5:00pm Tues. 5:00pm – 8:00pm	Town Clerk: Sharon Matthews GA Contact: Marianne Izzo-Morin Hours: Appointments scheduled by phone; Applications available during office hours. Call 539-9101 or for emergencies: 539-4273
<b>Oxford: Town Office</b> 85 Pleasant Street Oxford, ME 04270 Tel: (207) 539-4431 Fax: (207) 539-4428	Hours: Mon., Wed. & Fri. 8:00am – 4:00pm Thurs. 10:00am – 7:00pm	Town Clerk: Ellen M. Morrison Email: <a href="mailto:twnoxford@megalink.net">twnoxford@megalink.net</a>
<b>Paris Town Office</b> 33 Market Square Paris, ME 04281 Tel: (207) 743-2501 Fax: (207) 743-6718	Hours:	Town Clerk: Elizabeth Knox Email: <a href="mailto:townclerk@parismaine.org">townclerk@parismaine.org</a> GA Contact: Lynne Chammings Hours: Tel: (207) 743-2501 Email: <a href="mailto:officeclerk@parismaine.org">officeclerk@parismaine.org</a>
<b>Peru Town Office</b> 26 Main Street PO Box 429 Peru, ME 04290 Tel: (207) 562-4627 Fax: (207) 562-8653	Hours: Mon., Tues., Thur. & Fri. 8:00am – 5:00pm Mon. Eve. 5:00pm – 7:30 pm	Town Clerk: Vera L. Parent Email: <a href="mailto:tperu@megalink.net">tperu@megalink.net</a>

<b>Town Address &amp; Phone</b>	<b>Hours</b>	<b>GA Contact Person &amp; Phone or E-mail</b>
<b>Porter Town Office</b> 71 Main Street Porter, ME 04068 Tel: (207) 625-8344	Hours: Tues. & Fri. 9:00am – 6:00pm, Wed. & Thur. 9:00am – 3:00pm, First Sat. 9:00am – 12:00pm	Town Clerk: Janice M. Miller Email:
<b>Roxbury Town Office</b> Rt. 17, PO Box 24 Roxbury, ME 04275 Tel: (207) 364-3982 Fax: (207) 364-2145	Hours: Wed., Thur., & Fri. 8:00am – 4:00pm	Town Clerk: Delia Knapp Email: <a href="mailto:roxbury@megalink.net">roxbury@megalink.net</a>
<b>Rumford Town Office</b> 145 Congress Street Rumford, ME 04276 Tel: (207) 364-4576 Fax: (207) 364-5642	Hours: Mon. – Fri. 8:00am – 4:00pm	Town Clerk: Beth Belgrade Email: <a href="mailto:town@rumfordmaine.net">town@rumfordmaine.net</a> GA Contact: Thelma Giberson Hours: Mon. – Fri. 10:00am – 12:00 pm, 2:00pm – 4:00 pm
<b>Stoneham Town Office</b> 22 Butters Hill Road Stoneham, ME 04231 Tel: (207) 928-2155	Hours: Tues. – Fri. 1:00pm – 5:00pm Sat. 9:00am – 12:00pm	Town Clerk: Midge Silvio Email: <a href="mailto:stoneham@fairpoint.net">stoneham@fairpoint.net</a>
<b>Stow Town Office</b> 710 Stow Road Stow, ME 04037 Tel: (207) 697-2007 Fax: (207) 697-2136	Hours: Mon. 2:00pm – 7:00pm Tues. 2:00pm – 6:00pm Wed. 8:00am -11:00am	Town Clerk: Christine Carone Email: <a href="mailto:townofstow@fairpoint.net">townofstow@fairpoint.net</a>
<b>Sumner Town Office</b> 633 Main Street Sumner, ME 04292 Tel: (207) 388-2866 Fax: (207) 388-2862	Hours: Tues. 10:30am – 7:00pm Wed. 8:30am-4:30pm, Thurs. 8:30am – 3:00pm Fri. 9:00am – 1:00pm Sat. 9:00am – 12:00pm	Town Clerk: Susan Runes Email: <a href="mailto:sumnerme@megalink.net">sumnerme@megalink.net</a>
<b>Sweden Town Office</b> 147 Bridgton Road Sweden, ME Tel: (207) 647-3944	Hours: Tues. 10:00am – 3:00pm Thurs. 6:00pm – 8:00pm 2nd & 4th Sat. 9:00am – 12:00 pm	Town Clerk: Jane Gibbons Email: <a href="mailto:swedent@hughes.net">swedent@hughes.net</a>
<b>Upton Town Office</b> 1825 East B Hill Road Upton, ME 04261 Tel: (207) 533-2131	Hours: Tues. & Fri. 8:00am – 10:00am	Town Clerk: James Rector
<b>Waterford Town Office</b> 366 Valley Road Waterford, ME 04088 Tel: (207) 583-4403 Fax: (207) 583-643	Hours: Mon. – Fri. 8:00am – 5:00pm the Bridgton Town Office: Mon. – Fri. 8:00am – 4:00pm and last Sat. of the month April – June 8:00am – 11:30am (Limited Services)	Town Clerk: Brenda Bigonski GA Contact: John Anderson in Bridgton handles the GA for Waterford and can be reached at Tel: 647-8786 and his e-mail is: <a href="mailto:ga@bridgtonmaine.org">ga@bridgtonmaine.org</a>



Town Address & Phone	Hours	GA Contact Person & Phone or E-mail
<b>West Paris Town Office</b> 25 Kingsbury Street PO Box 247 West Paris, ME 04289 Tel: (207) 674-2701 Fax: (207) 674-2703	Hours: Mon. – Wed. 8:00am -4:45pm Thurs. 11:00am – 7:00pm Fri. 8:00am – 1:00pm	Town Clerk: Donald Woodbury
<b>Woodstock Town Office</b> 26 Monk Avenue PO Box 317 Bryant Pond, ME 04219 Tel: (207) 665-2668 Fax: (207) 665-2667	Hours: Mon. – Fri. 8:30am – 4:30pm	Town Clerk: Vern H. Maxfield Email: BP7ring2@megalink.net



**A project of Stephens Memorial Hospital  
165 Main St. Norway, ME 04268 739-6222**

#### **Calendar of Events Spring 2011**

While mostly Healthy Maine Partnership events, we're happy to list community partner events as well.

#### **Ongoing**

**Quit Smoking Support & Wellness Group**, every Wed. 4:30 – 5:30 at Healthy Oxford Hills (HOH)

**Senior Social Center of the First Baptist Church of Paris** – Social Center for anyone retired – every Tuesday from 12 noon -3pm on Paris Hill – Pot luck lunch and games afterward, bring your craft work. Call Jean Federico at 743-8661 for information.

**Senior Dining Site** – Second Congregational Church, 201 Main St., Norway. Meals will be served at noon. Folks aged 60 or older or under 60yrs. with disabilities are invited to attend for a meal & to socialize. A donation of \$3.00/ meal is requested to offset the cost of the meal. Call Seniors Plus at 795-4010 for more information.

**Community Lunch**, every Wed. 11:30-12:30 at the Norway Unitarian Universalist Church, all are welcome, donations accepted.

**Community Suppers**, Sponsored by The Progress Center and Friends – held the first and third Thursday evening of every month at 5:00 pm (serving of the food begins) at the Universalist Church, Main St., Norway. For more information call Priscilla Burnette 743-8049 x 233.

#### **Senior Plus Mobile Office:**

Every Wednesday of the month, there is free Medicare Counseling at the Norway Town Office from 9-12 noon. See September for Tax & Rent Rebate application assistance at the Norway Town Office. Call 795-4010 for more information.

**Oxford Hills Food Collaborative at the Progress Center Store** – Beginning August 24<sup>th</sup> the store (located at 35 Cottage Sat., Norway) is open Tuesday thru Friday - 10 to 4 and Saturday 10-2. Buy local food, meat, honey, maple syrup, vegetables, and homemade jarred food items. Jessica Paradis is the new manager.

Check out **the Progress Center's new website, Harvest to Market**. All local farmers, bakers, producers will have their own web page with information about their processing and growing methods. Call the Progress Center for any information at 743-8049.

**Alan Day Community Garden** – Regular work hours are on Sundays from 9-12 noon and Mondays from 4-7 pm. All are welcome to come by and help.



### **Ways to Community... Belonging in Oxford Hills**

**Walks with Kate** & other community members (Healthy Oxford Hills) call for details 739-6222

**Senior Social** every Tuesday 12 – 3 at the 1<sup>st</sup> Baptist Church, top of Paris Hill. Call Jeanne for details 743-8661

**Lunches** - \$3 each, for people over 60, in Norway at the Second Congregational Church, corner of Main and Paris St. Tuesdays 11 – 1:00; reservations are helpful 795-4010.

**Norway Library** – has all kinds of activities and presentations; library card holders can borrow free passes to Portland Art Museum and to the Gray Wildlife Center; Library: 743-5309.

**South Paris Library** – loans out movies at no charge, and they have computers for in-house use; various community activities – 743-6994.

**Norway First Unitarian Universalist Church**, non-denominational, on the right in-town Norway before you get to the lake. Services are on Sundays at 11:00 but they have lots of different activities, speakers, etc.

**Community / Adult Ed Classes:** For classes on the Oxford Hills & Buckfield area call 743-8842 x 9529; Bethel area classes: 824-2780.

**Advertiser Democrat** is our local newspaper, which comes out on Thursdays; it lists a Community Calendar with a lot of different events on a weekly basis.

**Free Yoga:** Trinity Lutheran Church, South Paris, M, W, F 11:30 – 12:30, on route 117 on the left

**First Fridays** – The local area Art Galleries host a First Friday (of the month) “thing”; call any one of the art shops / galleries for info - The Painted Mermaid – 743-7312 is one.

**Volunteer or just hang out for a coffee at the Fare Share Co-op** – a grocery and health-goods store in downtown Norway; 743-9044.

**Oxford Hills Music & Performing Arts Association** is always looking for new performers; [www.ohmpaa.org](http://www.ohmpaa.org) is their website for more info.

**Open Mic Nights:** Live music to listen to or you can perform:

**Creative Media** Main St. Norway Every Friday 8:30 – 1:30; food, beer, wine available.

**Heather Pierson @ Norway Unitarian Universalist (UU) Church** Last Friday of every month; sign ups are at 6:30, starts at 7pm. This open mic night is for all creative works, poetry, dance, etc.

**Knitting & Spinning Group** meets every Thursday on a drop-in basis from 4 – 8pm at Artful Hands Studio on Main St. in Norway.

**Personal Best Gym:** 739-2378 in South Paris past the court house on your right.

**Drumming Circle** – Norway Unitarian Universalist (UU) Church, 3<sup>rd</sup> Friday of the month at 7pm; bring your own drum and they have some to loan also.

**Senior Action Network** – They are getting a group started here / in this area. Can call to get involved / see what it's about 1-800-499-0229.

**Alan Day Community Garden** – Learn about events here at the garden on Whitman St. in Norway, or call to see how you can garden with other community gardeners – Rocky (717) 497-0625.

**AA or Al Anon Meetings:** [www.csoaamaine.org](http://www.csoaamaine.org); 1-800-737-6237.

**Over 55 years old - Volunteer Corps:** foster grand parent or senior companions: get paid a stipend if you are on a low income; the Retired and Senior Volunteer Program (RSVP) trains volunteers for work in a variety of non-profit or public organization or at a health care organization that is for-or-non profit; there is no stipend or income requirements for the RSVP program; call 1-800-424-8867.

**McLaughlin Gardens** – on Main St. in South Paris has various volunteer opportunities and activities throughout the summer, if you like plants / art; 743-8820.

**Yoga:** Eliza Beghe, Main St. Norway: 743-3815

Ed Gabrielsen, at Healthy for Life; Marston St. Norway (behind Goin' Postal)  
739-2767

## INTERPRETER SERVICES

**Note:** This information is from MaineHousing.

### **MAINEHOUSING RESOURCES FOR COMMUNICATION WITH PERSONS WHO HAVE LIMITED ENGLISH PROFICIENCY, ARE HEARING-IMPAIRED OR VISION-IMPAIRED**

**Note:** This list of resources is provided for informational purposes only. Inclusion in this list does not constitute endorsement by MaineHousing, nor does omission imply non-endorsement.

#### **I. RESOURCES FOR INDIVIDUALS WITH LIMITED ENGLISH PROFICIENCY**

##### **A MAINE-BASED FOREIGN LANGUAGE INTERPRETERS**

- 1. RISinterpret (provides in-person interpretation and written translation services) (207) 523-2700 or toll free at 1-866-200-3963**

For an in-person interpreter, call Program Director, Malvina Gregory, at (207) 523-2726 or [mgregory@ccmaine.org](mailto:mgregory@ccmaine.org)

- 2. Multicultural Consulting Group (provides interpretation and translation services)**

For translation of written material, it is recommended that a minimum of two weeks advance notice be given. The rate charged for translation services will vary depending on the complexity of the material. The rate charged for in-person interpreters is typically \$50/hour.

Marguerite MacDonald, Coordinator  
14 Fern Avenue  
Falmouth, ME 04105  
Telephone: (207) 671-1164  
Web site: [www.multiculturalconsultinggroup.com](http://www.multiculturalconsultinggroup.com)

- 3. The Language Exchange, Inc. (provides interpretation and translation services)**  
Interpreting for business meetings, conferences, etc. in 12 languages  
Email: [info@immersionprograms.com](mailto:info@immersionprograms.com)  
Web site: [www.immersionprograms.com](http://www.immersionprograms.com)

- 4. Maine S.A.F.E. - Maine Service Advocates in Foreign Languages and English (provides interpretation and translation services)**  
Interpreting, translating and Spanish classes  
Priscilla Doel  
Email: [priscilla@mainesafe.org](mailto:priscilla@mainesafe.org)  
Telephone: 872-2653, Cell (207) 314-4214

**5. The Bangor Interpreting Agency**

7 Summer Street  
Hamden, ME 04444

Nancy A. Ordway, President/CEO  
862-2947(V)  
862-4027 (FAX)  
862-4063 (TTY) (Weekdays)  
E-mail: [bangorinterpreting@tds.net](mailto:bangorinterpreting@tds.net)

**6. Language Access for New Americans (LANA)**

United Way of Greater Portland  
400 Congress Street  
Portland, ME 04112-5200

Dolly Hersom, Project Director  
874-1000 (V) x311  
874-1006 (TTY)  
874-1007 (FAX)  
E-mail: [dhersom@unitedwaygp.org](mailto:dhersom@unitedwaygp.org)  
Web site: [www.lanamaine.org](http://www.lanamaine.org)

**B. NATIONAL TELEPHONE FOREIGN LANGUAGE INTERPRETING SERVICES**

1. **Certified Languages International** 1-800-CALLCLI; 1-800-225-5254;  
[www.certifiedlanguages.com](http://www.certifiedlanguages.com), any time, any language
2. **Language Line (formerly AT&T Language Line)** 1-800-752-6096;  
[www.language.com](http://www.language.com)
3. **LLE-Link** 1-866-998-0334; [www.lle-inc.com](http://www.lle-inc.com); 150 languages
4. **Pacific Interpreters** 1-800-311-1232; [www.pacificinterpreters.com](http://www.pacificinterpreters.com)  
Healthcare interpreters
5. **Passport to Languages** 1-800-297-2707  
Located on West Coast  
[www.passporttolanguages.com](http://www.passporttolanguages.com)

**II. RESOURCES FOR HEARING-IMPAIRED INDIVIDUALS**

**A. MAINE –BASED SIGN LANGUAGE INTERPRETERS**

1. **The Bangor Interpreting Agency**  
7 Summer Street  
Hamden, ME 04444

Nancy A. Ordway, President/CEO  
862-2947(V)  
862-4027 (FAX)  
862-4063 (TTY) (Weekdays)  
E-mail: [bangorinterpreting@tds.net](mailto:bangorinterpreting@tds.net)

- 2. Certified Interpreting – The Sign Language Network**  
P.O. Box 6500  
Brunswick, ME 04011

Ruth & Victor Vigna, CSC, Directors  
798-7995 (V/TTY)  
729-0875(FAX)  
E-mail: [services@certifiedinterpreting.com](mailto:services@certifiedinterpreting.com)  
Web Site: [www.certifiedinterpreting.com](http://www.certifiedinterpreting.com)

- 3. Kewl ASL**  
Interpreting/Education/Employment  
15 Jones Road  
Somersville, Maine 04348  
Deborah Myers  
549-4733(V/TTY)  
Cell: (207) 240-3177  
E-mail: [kewlasl@gmail.com](mailto:kewlasl@gmail.com)

- 4. ASL Interpreting Services, Etc. Inc.**  
31 Quaker Ridge Road  
Durham, ME 04222  
Shara Barris, CI & David Garland, LDT  
862-5700 (V/VP)  
353-8036 (TTY/FAX)  
Last minute request & Emergency Cell 207-944-5765  
E-mail: [paah4me@yahoo.com](mailto:paah4me@yahoo.com)

- 5. Pine Tree Society – Interpreting Services**  
51 Nonesuch River Plaza  
51 US Route 1, Suite G  
Scarborough, ME 04074

Doug Newton, Program Director  
885-0536(V/TTY)  
885-0076(FAX)  
E-mail: [interpreting@pinetreesociety.org](mailto:interpreting@pinetreesociety.org)  
Web site: [www.pinetreesociety.org](http://www.pinetreesociety.org)

- 6. Professional Interpreting, Inc.**  
14 Torrey Street  
Portland, ME 04103

Kris Bracklow, Director  
774-3068(V/TTY)  
774-8701(FAX)  
E-mail: [kris120@juno.com](mailto:kris120@juno.com)

**7. Office of Licensing and Registration**

35 State House Station  
Augusta, ME 04333-0035  
624-8603(V)  
1-888-577-6690 (TTY)  
624-8637(FAX)

Elaine M. Thibodeau, M.P.A., Program Administrator  
624-8617 (V)  
E-mail: [elaine.m.thibodeau@maine.gov](mailto:elaine.m.thibodeau@maine.gov)

Marlene McFadden, Office Specialist - I  
624-8624 (V)  
E-mail: [marlene.m.mcfadden@maine.gov](mailto:marlene.m.mcfadden@maine.gov)

Web site: [www.maine.gov/pfr/professionallicensing/professions/interpreters/](http://www.maine.gov/pfr/professionallicensing/professions/interpreters/)

As of June 30, 2000, individuals who are paid for providing interpreting services for deaf and hard of hearing people must be licensed with the Department of Professional and Financial Regulation, Office of Licensing and Registration. For a list of licensed interpreters or information on licensing fees contact the Office of Licensing and Registration or visit the web site. When visiting the web site address, press the "Find A Licensee" button, which will bring you to a page that will allow you to search by licensee's name, license number, town, city or county.

**C. CLOSED CAPTIONING**

**1. Closed Caption Maker**

Walter Gallant  
1955 Kensington Street  
Harrisburg, PA 17104  
1-800-527-0551(V)  
E-mail: [wgallant@ccmaker.com](mailto:wgallant@ccmaker.com)  
Website: [www.ccmaker.com](http://www.ccmaker.com)

**2. Custom Captions**

Alice Durrant  
2470 West 458 South  
Provo, UT 84601  
(801) 370-9878(V)  
E-mail: [customcaptions@comcast.net](mailto:customcaptions@comcast.net)  
Web site: [www.customcaptions.com](http://www.customcaptions.com)



**3. Access Captioning Technology (ACT)**

Lisa Sorenson  
Gorham, ME 04038  
590-3421 (V)  
E-mail: [act@maine.rr.com](mailto:act@maine.rr.com)

**4. Maine CART & Captioning Services**

Shari Majeski  
20 Country Charm Road  
Cumberland, ME 04021  
829-2106(V)  
E-mail: [shari@mainecart.com](mailto:shari@mainecart.com)  
Web site: [www.mainecart.com](http://www.mainecart.com)

**D. COMPUTER-ASSISTED REAL-TIME TRANSCRIPTION (CART)**

CART is the word-for-word, speech-to-text translation service, using closed-captioning technology, for people who need visual communication access. Unlike computerized note-taking or abbreviation systems, which summarize information for consumers, CART provides a complete translation of all spoken words, which allows consumers to decide for themselves what information is important to them. CART consumers include people with hearing loss, individuals with cognitive or motor challenges, people who wish to improve reading/language skills and those with communication barriers. A CART provider uses a steno machine, real-time software, and a notebook computer to render instant speech-to-text translation on a computer monitor or other display to benefit an individual consumer or a larger group in any number of settings: classrooms, business, government, and educational functions. Services may be performed onsite or from a remote location via the internet.

**Maine CART & Captioning Services**

Shari Majeski  
20 Country Charm Road  
Cumberland, ME 04021  
829-2106(V)  
E-mail: [shari@mainecart.com](mailto:shari@mainecart.com)

Web site: [www.mainecart.com](http://www.mainecart.com)

**E. C-PRINT CAPTIONISTS**

C-Print is a real-time computer-aided speech-to-text transcription system that can be used as a support option to deaf and hard-of-hearing individuals. A C-Print captionist types the information into a laptop computer. The information is provided via laptop, TV or on screen with an option of two-way communication. C-Print provides a summary of the spoken information. It is not a word-for-word translation. Transcripts are made available via hard copy, disk or e-mail.

**1. Access Captioning Technology (ACT)**

Lisa Sorenson  
Gorham, ME 04038  
590-3421(V)  
E-mail: [act@maine.rr.com](mailto:act@maine.rr.com)

**III. RESOURCES FOR VISION-IMPAIRED INDIVIDUALS**

**BRaille TRANSCRIPTION**

**A. Maine-based Braille Services**

**Mainely Access, Inc.**  
89 Auburn Street, #1182  
Portland, Me 04013  
E-mail: [www.mainelyaccess.com/braille](http://www.mainelyaccess.com/braille)

Pricing: Braille documents are priced based upon the number of Braille pages in the final document. Typically a single print page produces 2.5 to 3 pages of Braille. Documents submitted in electronic format are produced at a rate of 75 cents per Braille page. Documents submitted in hard copy (print) are produced at a rate of \$1.50 per Braille page.

Audio recordings are produced at a rate of \$20 per hour regardless of format chosen.

**MAINEHOUSING EMERGENCY SHELTER LISTING**  
(current as of April, 2011)

The shelters listed below provide emergency shelter. MaineHousing supports many of these shelters by providing funds to help with operating expenses and capital improvements. For information on other shelters in your area, check your local telephone directory or go to [www.mainehousing.org](http://www.mainehousing.org) for the most current listing of homeless shelters.

**Androscoggin**

Abused Women's Advocacy Project*	Domestic Violence	800-559-2927	Auburn ME
Hope Haven Gospel Mission*	General	207-783-6086	Lewiston ME
New Beginnings*	Youth	207-795-4070	Lewiston ME
Rural Community Action Ministries*	General (mostly families)	207-524-5095	Leeds ME
St. Martin de Porres Residence	General-Adults	207-786-4690	Lewiston ME

**Aroostook**

Hope and Justice Project*	Domestic Violence	800-439-2323	Caribou, Houlton, Fort Kent ME
Maliseet Domestic Violence & Sexual Assault Program	Domestic Violence/Sexual Assault	207-532-6401	Houlton ME
Homeless Services of Aroostook - Sr. Mary O'Donnell Shelter*	General	207-764-5114	Presque Isle ME

**Cumberland**

Family Shelter*	Family	207-772-8339	Portland ME
Oxford Street Shelter for Men*	General-Men	207-761-2072	Portland ME
Family Crisis Shelter*	Domestic Violence	800-537-6066	Portland ME
MAPS Shelter Services - Portland Shelter*	Pregnant & Parenting Women and Children	207 775 1508	Portland ME
Milestone*	Substance Abuse	207-775-4790	Portland ME
Preble Street - Florence House*	General-Women	207-699-4392	Portland ME

Preble Street - Lighthouse Shelter*	Youth	207-775-0026	Portland ME
Preble Street - Resource Center*	Day Shelter-no overnights	207-775-0026	Portland ME
Tedford Housing - Individual Shelter*	General-Adults	207-725-4871	Brunswick ME
Tedford Housing - Family Shelter*	Family	207-729-4583	Brunswick ME

### Hancock

H.O.M.E. Inc - Dorr House*	Mentall Illness/Substance Abuse	207-469-7961	Orland ME
H.O.M.E. Inc - Hospitality House*	General	207-469-7961	Bucksport ME
H.O.M.E. Inc - Mandala Farm*	General	207-469-7961	Orland ME
H.O.M.E. Inc - St. Francis Inn*	General	207-469-7961	East Orland ME
H.O.M.E. Inc - Emmaus*	General	207-667-3962	Ellsworth ME
The Next Step*	Domestic Violence-Safe Homes	800-315-5579	Ellsworth ME

### Kennebec

Bread of Life Ministries*	General	207-626-3479	Augusta ME
Family Violence Project*	Domestic Violence	877-890-7788	Augusta ME
Mid-Maine Homeless Shelter*	General	207-872-8082	Waterville ME
Togus Veterans Affairs	Veterans	207-623-8411 ext. 5658	Augusta ME

### Knox

Mid-Coast Hospitality House*	General	207-594-1422	Rockport ME
New Hope for Women*	Domestic Violence-Safe Homes	800-522-3304	Rockland ME

## Oxford

Rumford Group Homes - Norway Family Center*	Women & children	207-743-6363	Norway ME
Rumford Group Homes - South Paris Men's Shelter*	Adult Men	207-743-6363	South Paris ME
Rumford Group Homes - Rumford Family Center*	Family	207-369-9439	Rumford ME
Community Concepts - Oxford Hills Family Shelter*	Family	207-739-6502	South Paris ME
Community Concepts - Strathglass Family Shelter*	Family	800-866-5588	Rumford ME

## Penobscot

Hope House*	Substance Abuse	207-217-6717	Bangor ME
Bangor Area Homeless Shelter*	General	207-947-0092	Bangor ME
MANNA, Inc. - Elijah's Place	Men/Substance Abuse	207-990-2870	Bangor ME
MAPS Shelter Services *	Pregnant & Parenting Women and Children	207 538 5072	Bangor ME
OHI - Rachael House	Chronic Mental Illness	207-941-2874	Bangor ME
Shaw House*	Youth	207-941-2874	Bangor ME
Spruce Run*	Domestic Violence	800-863-9909	Bangor ME

## Piscataquis

WomanCare*	Domestic Violence-Safe Homes	800-564-8165	Dover Foxcroft ME
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## Somerset

Family Violence Project	Domestic Violence	800-890-7788	Somerset County ME
Youth and Family Services-Halcyon House*	Youth	207-474-8574	Skowhegan ME

New Hope Shelter	Women and Children	207-339-3012	Solon Maine
Trinity Shelter	Single Men	207-399-7538	Skowhegan Maine

### Washington

Kilun Kikin Emergency Shelter	General	207-853-6021	Perry ME
The Next Step*	Domestic Violence	800-315-5579	Machias ME
Passamoquoddy Peaceful Relations	Domestic Violence/Sexual Assault	877-853-2613	Pleasant Point ME

### York

Caring Unlimited*	Domestic Violence	800-239-7298	Sanford ME
York County Shelter Programs, Inc.*	General	207-324-1137	Alfred ME
You Are Never Alone (YANA)*	Substance Abuse	207-283-0069	Saco ME

## **Maine Domestic Violence Programs**

Here you will find a list of the domestic violence programs in Maine including a list of the culturally and linguistically specific services. All 800, 877, and 888 numbers are toll-free. Collect calls are accepted at all 207 hotline numbers.

### **Caring Unlimited** (York County)

P.O. Box 590, Sanford, ME 04073

Admin.: 207-490-3227

Hotline: 1-800-239-7298

Send E-mail to: [mail@caring-unlimited.org](mailto:mail@caring-unlimited.org) or look on the web at: [www.caring-unlimited.org](http://www.caring-unlimited.org)

### **Family Crisis Services** (Cumberland & Sagadahoc Counties)

P.O. Box 704, Portland, ME 04104

Admin.: 207-767-4952

Hotline: 1-800-537-6066; 207-874-1973

All numbers TTY accessible

Send E-mail to: [familycrisis@familycrisis.org](mailto:familycrisis@familycrisis.org) or look on the web at: [www.familycrisis.org](http://www.familycrisis.org)

### **Family Violence Project** (Kennebec & Somerset Counties)

P.O. Box 304, Augusta, ME 04332

Admin.: 207-623-8637

Hotline: 1-877-890-7788; 207-623-3569

Send E-mail to: [fvp@familyviolenceproject.org](mailto:fvp@familyviolenceproject.org) or look on the web at: [www.familyviolenceproject.org](http://www.familyviolenceproject.org)

### **Hope and Justice Project** (Aroostook County)

754 Main Street, Presque Isle, ME 04769

Admin.: 207-764-2977

Hotline: 1-800-439-2323

Send E-mail to: [info@hopeandjusticeproject.org](mailto:info@hopeandjusticeproject.org) or look on the web at [www.hopeandjusticeproject.org](http://www.hopeandjusticeproject.org)

### **New Hope for Women** (Knox, Lincoln & Waldo Counties)

P.O. Box A, Rockland, ME 04841-0733

Admin. & Hotline: 207-594-2128 or 1-800-522-3304

Belfast area hotline 207-338-6569

Damariscotta area hotline 207-563-2404

Send E-mail to: [newhope@newhopeforwomen.org](mailto:newhope@newhopeforwomen.org) or look on the web at: [www.newhopeforwomen.org](http://www.newhopeforwomen.org)

### **Safe Voices**(Androscoggin, Franklin & Oxford Counties)

P.O. Box 713, Auburn, ME 04212-0713

Admin.: 207-795-6744

Hotline: 1-800-559-2927 or 207- 795-4020

Send E-mail to: [safevoices@safevoices.org](mailto:safevoices@safevoices.org) or look on the web at: [www.safevoices.org](http://www.safevoices.org)

**Spruce Run** (Penobscot County)

P.O. Box 653, Bangor, ME 04402

Admin.: 207-945-5102

Hotline: 1-800-863-9909 or 207-947-0496 or TTY: 207-955-3777

Send E-mail to: [sprucerun@sprucerun.net](mailto:sprucerun@sprucerun.net) or look on the web at: [www.sprucerun.net](http://www.sprucerun.net)

**The Next Step** (Hancock & Washington Counties)

Hancock County:

P.O. Box 1465, Ellsworth, ME 04605

Admin.: 207-667-0176

Hotline: 1-800-315-5579 or 207-667-4606

Send E-mail to: [nextstep@midmaine.com](mailto:nextstep@midmaine.com)

Washington County:

P.O. Box 303, Machias, ME 04654

Admin: 207-255-4934

Hotline: 1-888-604-8692 or 1-207-255-4785

Send E-mail to: [lfogelman@nextstepdvproject.org](mailto:lfogelman@nextstepdvproject.org) or look on the web at: [www.nextstepdvproject.org](http://www.nextstepdvproject.org)

**Womancare** (Piscataquis County)

P.O. Box 192, Dover-Foxcroft, ME 04426

Admin & Hotline: 207-564-8165

Hotline: 1-888-564-8165

Send E-mail to: [wmncare@wmncare.org](mailto:wmncare@wmncare.org) or look on the web at: [www.wmncare.org](http://www.wmncare.org)